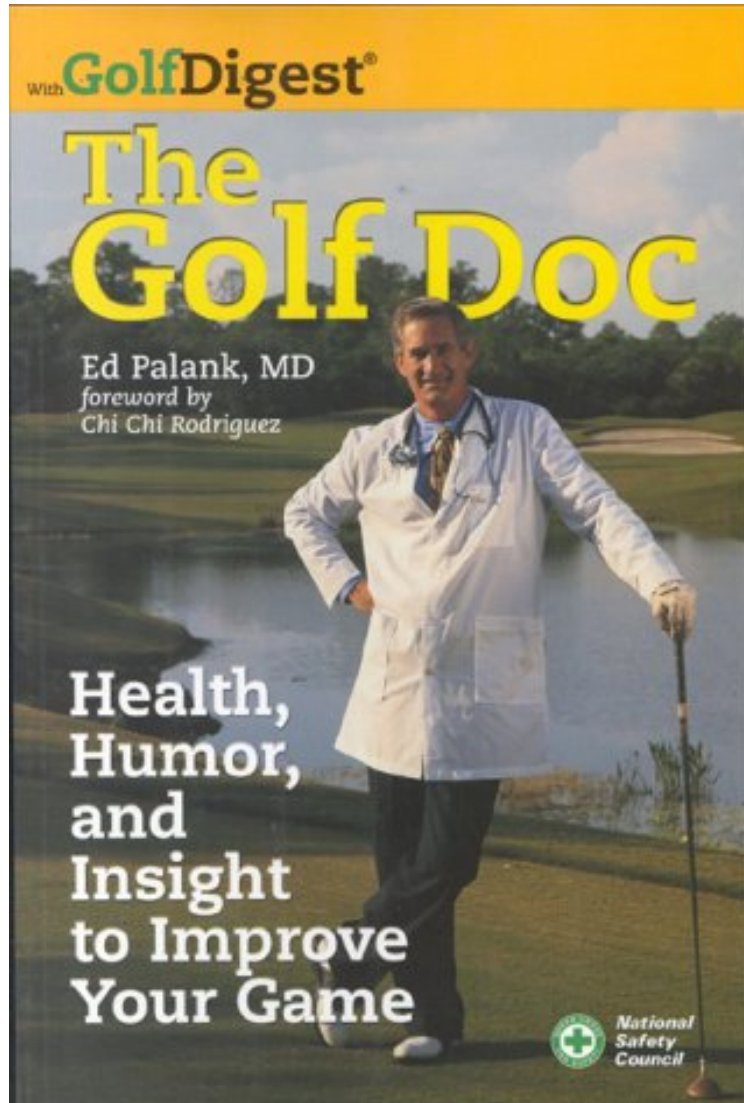


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## The Golf Doc: Health, Humor, and Insight to Improve Your Game

*Ed Palank, Golf Digest*

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**Ed Palank, Golf Digest : The Golf Doc: Health, Humor, and Insight to Improve Your Game** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Golf Doc: Health, Humor, and Insight to Improve Your Game:

9 of 12 people found the following review helpful. Golfers of all ages can benefit from The Golf DocBy A CustomerDespite the serenity of a lush green golf course, it is one of the top five locations where a person will experience a heart attack. The game of golf, like no other sport, combines healthy elements like sunshine and fresh air, with an activity that strengthens the heart, lungs, muscles, and joints of the body, when played properly. Dr. Ed

Palank, The Golf Doc, knows. He understands that you can play better golf, and not fall victim to a heart attack or heat stroke, if you pay attention to your body. Not just another book about improving your game, The Golf Doc is a comprehensive compendium about how to prevent golf injuries and speed up recovery time. The Golf Doc is filled with health tips and useful information on allergies, nutrition, medication, heart care, skin care, vision, playing in adverse weather, exercises for those big drives, course safety, and the mental game. You'll find advice on issues important to women, seniors, juniors, and players with disabilities. Stories from professionals and mere mortals who love the game offer inspiration and words of warning. Golf is a game for life. Improve your game and your life by staying healthy.

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