



The Clayton MD Total Health Program

By David J. Clayton MD



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Has your doctor started putting you on more and more medications as you get older? You're not alone - over 90% of Americans over 60 take one or more medications daily. In this insightful guide, Dr. David Clayton explains the simple, evolutionary basis for many chronic diseases and outlines 5 simple nutrition lessons that can reverse disease and measurably improve health. If you are frustrated by failed attempts at diet and exercise and are serious about improving your health, then this is the book for you.

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Editorial Review

About the Author

David Clayton, MD is a physician, nutritionist, and fitness expert. His Clayton MD Total Health Center, based in San Diego, CA, is devoted to giving his patients the knowledge and tools to reverse disease using nutrition and fitness. Dr. Clayton trained in internal medicine at Scripps Clinic in La Jolla, California. He holds an MD from New Jersey Medical School, an MBA from Columbia University, and a BS in Chemical Biology from Stevens Institute of Technology. He lives in Carlsbad California with his lovely wife Lorena and son Dylan.

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