



Lean and Fit: A Doctor's Journey to Healthy Nutrition and Greater Wellness

Joseph E. Scherger MD

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Dr. Joseph Scherger's career in family medicine has spanned 40 years. His training also included a Masters in Public Health where he studied nutrition at the University of Washington. He has always included preventive medicine and wellness in his medical practice. He is physically active with running, one of many choices for being in good shape. Until 2013 he followed the nutrition guidelines promoted by leading organizations such as the American Heart Association. In 2013 he expanded his knowledge in nutrition by reading the books of physician leaders such as William Davis and David Perlmutter. One of his partners in practice (and now his personal physician) Hessam Mahdavi introduced him to Functional Medicine, a focus on treating the causes of disease rather than just treating disease with drugs and procedures. Following this new knowledge and approach, Dr. Scherger greatly improved his own health and the health of many of his patients. This book is that story, loaded with information and scientific references that validate this exciting new approach to nutrition and good health. We live in a toxic food environment yet healthy foods are readily available. Dr. Scherger will help you make the choices that will result in your becoming lean and fit.

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