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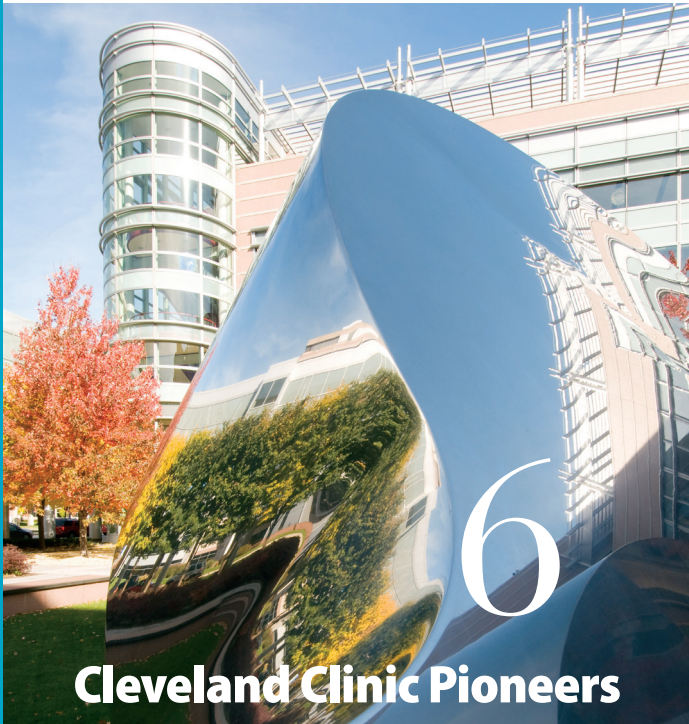
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COVER: Dr. Michael Roizen and his dream team from The Cleveland Clinic Wellness Institute are helping people reverse the pain, fatigue, and debilitating effects of chronic diseases like obesity and diabetes. Learn how to reclaim years of your life through an innovative program called Lifestyle 180. This "attainable, practical, and engaging" approach to wellness enables participants to lose weight, reduce LDL (lethal) cholesterol, lower blood pressure, and in many cases stop taking or reduce dependence on prescription medications. The Cleveland Clinic's commitment to becoming a role model for healthy living is transforming one of the nation's most respected health care systems and the city of Cleveland.

Photos provided by the Center for Medical Art & Photography at the Cleveland Clinic

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