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His book, The Athlete's Book of Home Remedies: 1,001 Doctor-Approved Health Fixes and Injury-Prevention Secrets for a Leaner, Fitter, More Athletic Body! expounds on his belief that humans are This video with Dr. Metzl and 81 year old marathoner Elaine Breiger pretty much sums up his philosophy!

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Meet jordan d. metzl, m.d., my favorite sports-medicine doctor

Well, meet my sports-medicine physician, Jordan D. Metzl, M.D____. He's a total rock star in Pick up a copy of The Athlete's Book of Home Remedies____. The tagline says it all for me: "1,001 Doctor-Approved Health Fixes & Injury-Prevention Secrets for a Leaner, Fitter, More Athletic Body!" It's filled with

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