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Bodybuilder & neurosurgeon debunks 5 training

Jul 25, 2014 About Brett Osborn. Brett Osborn is a New York University-trained, board-certified neurological surgeon with a secondary certification in anti-aging and

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Dr Brett Osborn is the author of Get Serious (3.92 avg rating, 13 ratings, 1 review, published 2014)

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Neurosurgeon: the greatest thing you can do you

If you want good health, a long life and to feel your best well into old age, the No. 1 most important thing you can do is strength-training, says Dr. Brett Osborn

Doctor, bodybuilder helping folks get serious

Sounds like the ideal way for a man like Osborn to unwind. Get Serious about your health with Dr. Brett Osborn.

Interview with dr brett osborn-author of 'get

Today we interview one of the contributing writers to Jay s upcoming book on TRT Dr Brett Osborn. Brett is a true renaissance man in every conceivable fashion.

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About Dr. Brett Osborn. He is the author Get Serious, A Neurosurgeon s Guide to Optimal Health and Fitness, www.drbrertosborn.com.

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Get Serious is a great book, know that Brett Osborn is SERIOUS and PASSIONATE. He wants people to be healthy, exercise and feel better. Dr Osborn, is an educator, as

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Jun 09, 2014 says Dr. Brett Osborn, author of Get Serious, Dr. Osborn specializes in scientifically based nutrition and exercise as a means to achieve

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Dr. Brett Osborn is an anti-aging physician and neurosurgeon who has performed over 1,500 spine and neck operations. He also deadlifts over 500 pounds.

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In his book Get Serious, A Neurosurgeon s Guide to Optimal Health and Fitness, Dr. Brett Osborn shares his plan for achieving a long and healthy life and avoiding

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