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Shallenberger F. Bursting With Energy: The Breakthrough Method to Renew Youthful Energy and Restore Health. 2nd edition. Basic Health Publications, Inc.; New York, NY: 2007. Centers for Disease Control and Prevention. CDC Quick Stats: Percentage of Adults Who Often Felt Very Tired or Exhausted in the Past 3 Months,\* by Sex and Age Group - National Health Interview Survey, United States, 2010 ...

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Bursting with Energy, by Dr. Frank Shallenberger. The Breakthrough Method to Renew Youthful Energy and Restore Health - that will help you to achieve permanent weight control and to improve your energy level, overall fitness, and biological age.

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Dr. Shallenberger has published numerous scientific papers, and is the author of two books, Bursting With Energy and The Type 2 Diabetes Breakthrough. The problem with diabetics (and people who are on the road to diabetes) is they begin to lose their fat-burning capability. And losing your fat-burning capability results in two problems.

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