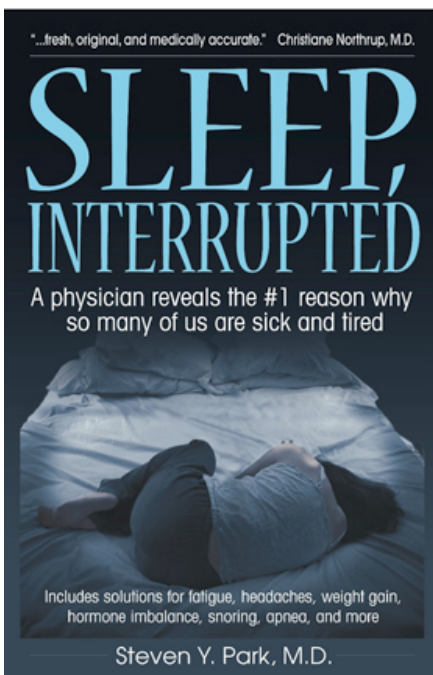


Sleep, Interrupted: A physician reveals the #1 reason why so many of us are sick and tired

Maybe you're stressed out and tired, and have put on a little weight. Or you have persistent pain you and your doctor can't explain. Man or woman, you may be fighting fluctuating hormone levels. Or maybe you snore like a freight train. Anything that narrows the throat and interrupts sleep, particularly breathing problems brought on by sleep position, illness, life changes, or your anatomy, may be key to understanding a host of common health issues. In this groundbreaking book, Dr. Steven Park outlines a simple, rational explanation for what's making you sick, and provides guidance for treatment options that address specific health problems. Find out:

- Why most diet and weight loss programs fail
- How your sleep position can predict your future health
- Why post-partum depression and weight gain are misunderstood
- Why most symptoms of menopause and PMS are NOT related to hormones
- Why Ritalin is the WORST treatment for many children with ADHD.



What the experts are saying about *Sleep, Interrupted*:

"There are many good books on better breathing. But none of them address why you need to breathe well when sleeping. Let Dr. Steven Park, an ENT physician, show you how you can breathe better while sleeping. Not only will this improve your energy, it can also save your life."

- **Christiane Northrup, M.D.**, Author of New York Times bestseller, *The Wisdom of Menopause*

"Both patients and physicians must read Dr. Park's unique and enlightening perspective on health issues related to poor breathing."

- **Dean Ornish, M.D.**, Author of New York Times bestseller, *Dr. Dean Ornish's Program for Reversing Heart Disease*

"Dr. Park's book offers not only a fascinating look at the critical role sleep plays in health and wellness, but practical advice to help resolve health- and energy-sapping sleep problems."

- **Mary Shomon**, author of New York Times bestseller, *The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss*

For a review copy or interview requests contact Dr. Park at sypark@mac.com or call (917) 991-0621