

America's Self-HealthCare® Advocates Welcome Their New Doctor **Dr. Joe Prendergast, MD**

*Find out why patients and advocates are cheering his first book, **Dr. Joe's RX for Managing Your Health**. Learn why Dr. Joe, one of California's premiere endocrinologists, teaches Self-HealthCare® for patients interested in modifying lifestyle and beginning a new and rewarding life with both fewer restrictions and broader opportunities for improvement through health self-improvement.*

January 25, 2006. Redwood City, CA. America, your long wait is over. The Doctor is in. Dr. Joe Prendergast, MD, America's Premiere Self-Health® Advocate, has arrived.

Dr Joe's RX for Managing Your Health shares the poignant story of how Dr. Joe arose above both personal hardship and his own debilitating illnesses to become a foremost practitioner and advocate in minimizing the impact of diabetes and offer full measures of help and hope for those suffering from both arteriosclerosis and atherosclerosis.

As America's strongest proponent of Self-HealthCare® -- and branded by both readers and patients as "*The Uncommon Doctor*"—Dr. Joe offers a unique variety of techniques and proven medical practice designed to exceed the needs of his worldwide patient base.

Within his Endocrinology practice in Redwood City, CA, Dr. Joe treats a variety of patients facing both shortened lifespan and restricted lifestyles; through his practice, methods, and consults, he helps patients to modify lifestyle and begin a new, more rewarding life with fewer restrictions and broader opportunities for improvement.

In this, the first of an upcoming series of books on health self-improvement, **Dr. Joe's Rx for Managing Your Health**, Prendergast faces both his own personal trials and demons—a unique set of challenges--to become today's world-class Physician.

Dr. Joe shares his synopsis of why lifestyle improvement is critical to successful living...and uses himself as an example. Reversing the symptoms of illness and practicing Self-HealthCare® techniques are two of the keys to a long and productive life. His books, CD presentations, and Video presentations via DVD offer specific guidelines and opportunities for those patients diagnosed as Diabetic, those with compromised immune systems, and those for whom heart disease has begun.

Listen to your Doctor, America—listen to Dr. Joe.

For additional information, or to arrange an interview with Dr. Joe Prendergast, please contact Alan Guinn, Publicist, at GCG Worldwide at 1.917.224.6782.

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