

*Narrative: Dr. Joe Prendergast, "The Uncommon Doctor," examines the ways that readers of his first book, **Dr. Joe's RX for Managing Your Health**, can modify their lifestyle and begin a new and rewarding life with both fewer restrictions and broader opportunities for improvement through health self-improvement.*

December 9, 2005. Redwood City, CA. Dynamic. Resourceful. Concerned. Alert. Caring. Imagine a Doctor that has all these characteristics, and more. Meet Dr. Joe.

Dr. Joe Prendergast, MD---as one of the strongest proponents of self-healthcare-- and branded by both readers and patients as "*The Uncommon Doctor*"-- combines his own unique variety of techniques and medical practice to both meet and exceed the needs of his worldwide patient base.

Dr. Joe, one of California's Premier Endocrinologists, arose above both personal hardship and his own illnesses to become one of the foremost practitioners and proponents of Arginine as a treatment of choice to both minimize diabetes and both offer help and hope for those suffering from both arteriosclerosis and atherosclerosis.

From his offices in Redwood City, CA, Dr. Joe sees a variety of patients facing both shortened lifespan and restricted lifestyles; through his practice, he helps them to modify their lifestyles and begin a new, more rewarding life with fewer restrictions and broader opportunities for improvement.

In this, the first of his 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 the world-class Physician he has become today.

From his experiences and his intertwined work with that of Dr. Jack Kevorkian to the growth of his current World-Class medical practice, Dr. Joe shares in his book a 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, and Dr. Joe shares those techniques with his readers in his book. **Dr. Joe's Rx** should be mandatory reading. His books, his CD presentations, and his 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.

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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