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

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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.

How to age well into your 20s, 30s, 40s, and

The first expert Q&A from neurosurgeon and anti-aging physician Dr. Brett Osborn is below. We will be answering your questions, as this will likely be a bi-weekly

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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