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

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Interview with dr brett osborn-author of 'get

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.

Doctor, bodybuilder helping folks get serious

Sounds like the ideal way for a man like Osborn to unwind. Get Serious about your health with Dr. Brett Osborn.

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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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Dr Brett Osborn is the author of Get Serious (3.92 avg rating, 13 ratings, 1 review, published 2014)

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In his book Get Serious, A Neurosurgeon s Guide to Optimal Health and Fitness, Dr. Brett Osborn shares his plan for achieving a long and healthy life and avoiding

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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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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