

Shave Your Balls

& 100 Other Things Your Mother
Should Have Told You



The GoodDoc BadDoc Guide
to Men's Health and Grooming

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**SHAVE YOUR BALLS
& 100 Other Things Your Mother Should
Have Told You**

**The GoodDoc, BadDoc Guide To Men's Health
and Grooming**

**By
Valerie Eckard, M.D.
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INTRODUCTION

This is book about health, fitness and grooming. It is based on the way that we live our lives. There is a boatload of conflicting information on what is healthy and what is not healthy. Utilizing our extensive medical background, we have sorted through the information and the bullshit, to come up with advice on health, fitness, diet and everyday living. You may not agree with everything in this book, but we believe if you follow the guidelines that we set forth, you will live a healthier, longer and better life, while still having fun and enjoying yourself.

So, cheers! To life! To YOU!

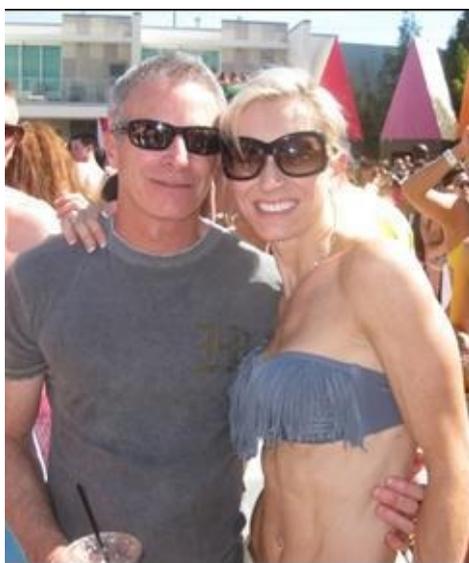
Chapter 1

LIVE LONG AND PROSPER — YOU ONLY GO AROUND ONCE

INTERVENTION SUNDAY!! What the hell is that?

With the great weather we have in San Diego, many of the bars and clubs have come up with a Sunday afternoon party, held out by the pool at many of the hotels. The one at the Hard Rock Hotel goes by the name Intervention Sunday. Hot girls in bikinis, ripped guys and, of course, plenty of adult beverages (in moderation of course). Are we advocating this? HELL YES! This book is about living healthy, looking good at any age and having fun.

So why am I, Dr. Don starting off with a story about Intervention Sunday? It is because when I go to the door to enter the party, the bouncer asks for my ID. Of course he knows I am over 21, but it is a requirement to check everyone. When he looks at my ID, he looks at me and then back down at my ID and says, “No way! I want to look like you when I am your age.” Not only that, but I see him later as he patrols the party and he high fives me and tells me several times, “Dude, I want to be you when I grow up!” Well, we want you all to be healthy, look good and feel good and we want to help you do it.



The Docs Party On!

Do you want to be the guy that people say “seriously? YOU are 55? You look 15 years younger!” Or the guy behind whose back people say, “he’s a heart attack waiting to happen!” If you are not concerned about this now, you will be someday. It is never too late to learn and implement the things we are going to tell you, but the younger you start the better.

So who are we, and what makes us qualified to tell you anything?



GoodDoc and BadDoc, in order of appearance

As two physicians in active practice, we have long had an interest in health, fitness and grooming. Because of our interests, we have spent a great deal of time researching health, wellness and longevity. We are not just sitting on our asses behind a desk telling you how you should live – we are in the gym, in the kitchen and living fantastic lives by putting into practice what we preach. The results speak for themselves. This information needs to be shared. We want you to be able to benefit from our knowledge and experience so that you will feel better, look better and get more out of life.

Dr. Don is the conservative doc, also known as the GOODDOC. Would he normally go to a wild and crazy party on a Sunday afternoon? No.

That is where Dr. Val comes into the picture. She is the wild and crazy doc, also known as the BADDOC. She would not only be at the party, but she would be one of the “bad girls” at the party.

Between the two of us, we have found a happy medium where we not only practice a healthy lifestyle but we also have tons of fun. We want to share with you how you can be healthy, look good, feel good and still have a blast. It is the best of both worlds. IT IS POSSIBLE, and we want to show you how to do it.



*Living healthy pays off.
The Docs in a pace line in New Zealand.*

What make us uniquely qualified? We are living proof.

You want to see our pedigrees? Really? Then go to our website at www.GDBD.com and you can bore yourself with our CVs. First – we are actual doctors. Not people who call themselves doctors, people with a mail-order degree from the West Indies or even people with a medical degree who've never practiced medicine in their lives. After receiving Bachelor's degrees in college, we both went to 4-year medical schools to receive our MDs. Dr. Val followed this up with a 4-year radiology residency. Dr. Don completed a yearlong internship, 4-year radiology residency, and then spent 2 additional years in fellowship for neuroradiology and endovascular neurosurgery. Show off.

This book is about the way we try to live our lives. Healthy and fun! Eat well, exercise and don't do stupid shit. Then be active and enjoy! We have run marathons, done multiple century bike rides, white water rafted and hiked on multiple continents, done mountain climbing, skydiving and have recently gotten into fitness competitions. In fact, Val has placed several times in INBA and NPC bikini competitions. The point is we want you to be able to participate in life and enjoy life. To do that you need to be fit and healthy. This book is your guide!



Dr. Val in the Tournament of Champions, Los Angeles.

By reading this book, you'll learn how to:

- Get into the best shape of your life
- Lose the weight you've been wanting to lose
- Look younger
- Feel younger
- Live longer
- Be more attractive and get more attention
- Have more fun
- Understand string theory and quantum physics*
- Achieve things you never thought possible

*Ok, so maybe you won't understand string theory. We just always wanted to use "string theory" in our book. And who doesn't love quantum physics?

Rx

PATIENT NAME: _____
ADDRESS: _____

DIRECTIONS: GOODOC BADDOC
DOCTORS ORDERS

1. Read this book
2. Look and feel great
3. Enjoy life!



SIGNATURE: Val & Don DATE: _____

C **HAPTER 2**

WHAT'S IN IT FOR ME? - WHY YOU NEED THIS BOOK

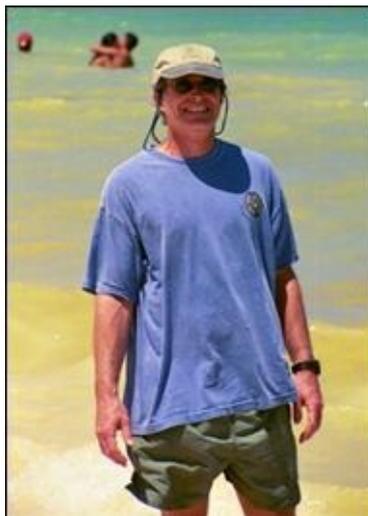
Ever since medical school, Dr. Don has wanted to write a book on how to take better care of yourself. Of course that is easier said than done. Life seems to get in the way.

There are so many things that people can do to be healthier, feel better, live longer and enjoy life more, but they just don't seem to know how to do it. We want this book to be your guide.

DR. DON SAYS:

When I told Val about my idea, she said: "That will be boring as hell." Her goal is to not only impart valuable information, but to spice up the book to make it interesting to read.

She is also appalled and occasionally revolted at the way men look after their personal hygiene and wanted to add that to the book. She is shocked to this day by the poor hygiene of some physicians in particular. Certainly you would expect physicians to know how to bathe, brush their teeth and dress appropriately, right?



Is that a swimsuit or a diaper?

DR. VAL SAYS:

Before I came into the picture, Don didn't think that how he dressed mattered.

First of all, and I hope most importantly, it matters to me. I like it when we go out and other women (and men) notice him. I want to be seen with a guy who is confident, stylish and successful – just like guys want a hot date on their arm when they roll into a room.

DR. DON SAYS:

The guys always notice Val!!!!!!

I'M OK, YOU'RE NOT OK*

*At least if you do not take care of yourself



*GoodDoc? BadDoc?
How about HotDoc?*

Sorry, but we disagree head-on with the touchy-feely trend that it is ok to be fat, to be unhealthy, or to let your personal appearance slide. It is NOT okay. Accepting yourself for the dazzling individual you are is one thing, but using it as an excuse for being overweight and unhealthy is something else. In fact, like it or not, you are being judged on all of these criteria, all the time... by potential mates, by the boss eyeing you for a promotion, by everyone you meet.

Quite frankly, we get tired of seeing one fat ass after another. At the extreme, these people are gross. They aren't healthy, they have yeast growing in their creases and they smell bad. Dr. Don has even found coins and food items underneath the rolls of fat in some patients. They are not able to enjoy life the way that it should be lived.

But even if you are only a little overweight, you are not as healthy as you should be. We want to help you get back on the right track.

Do you want a long life? To feel good? To have rock star sex? Then you need to worry about your health, fitness and grooming. Paying attention to these things will give you a lifestyle improvement. You get to do stuff. Try new things. People will even wish they were you!

THE CARROT – WHAT YOU GET FOR TAKING CARE OF YOURSELF

Rx

PATIENT NAME: _____
ADDRESS: _____

DIRECTIONS: GOODOC BADDOC
DOCTORS ORDERS

TAKE CARE OF YOURSELF
- YOU WILL NOTICE AND
OTHER PEOPLE WILL NOTICE



SIGNATURE: Val & Don DATE: _____



Motivation is in the eye of the beer holder.

When you think of all you stand to lose, it just makes sense to take care of yourself.

Take care of yourself, and...

- People will treat you differently.
- You will feel better about yourself and be more confident.
- You will be more likely to get promoted and get a higher salary.
- You will live longer.
- You will spend less time in the doctor's office or hospital.
- You will have less aches and pains.
- You will spend less money on health related issues.

The list, of course, goes on.

C **HAPTER 3**