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