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Chris Hardy, D.O., M.P.H., CSCS, is the author of Strong Medicine: How to Conquer Chronic Disease and Achieve Your Full Genetic Potential. He is a public-health physician, personal trainer, mountain biker, rock climber and guitarist.

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Chris Hardy, D.O., M.P.H., CSCS, is the author of Strong Medicine: How to Conquer Chronic Disease and Achieve Your Full Genetic Potential. He is a public-health physician, personal trainer, mountain biker, rock climber and guitarist.

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Created by Tammy Ader, Whoopi Goldberg. With Rosa Blasi, Jenifer Lewis, Josh Coxx, Philip Casnoff. Tough female doctors treat an exclusively female clientele at the Rittenhouse Women's clinic, tackling female-centric issues and trying to make the world a better place in a male-dominated society.

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When your doctor prescribes a new medicine, ask about common side effects. "You, your doctor, and your pharmacist should be working together so everyone has the same information," Owen says.

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