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Gabe Mirkin, MD is one of a very few doctors board-certified in four specialties: Sports Medicine, Allergy and Immunology, Pediatrics and Pediatric Immunology.

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Dr. Gabe Mirkin has been a radio talk show host for 25 years and practicing physician for more than 40 years; he is board certified in Sports Medicine and three other

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The Healthy Heart Miracle: Gabe Mirkin: 9780061240539: Books Dr. Mirkin is the author of eight books, including the bestselling The Sportsmedicine Book,

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RICE is a mnemonic for 4 elements used to treat soft tissue injuries which is an acronym for Rest, Ice, Compression and Elevation. The mnemonic was introduced by Gabe

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