

The Anti-aging solution: 5 simple steps to looking and feeling young

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Abstrak

SynopsisA medically proven program to prevent and reverse the DNA damage that causes aging You have it in your power to retain the health, beauty, and vitality of youth well past fifty or sixty and beyond. All of us grow older, but it's a medically proven fact that how we age is a choice. With a few simple lifestyle changes, you can reap amazing visible and tangible benefits in just a few days--and this groundbreaking book shows you how. Written by an all-star team of internationally acclaimed anti-aging experts, The Anti-Aging Solution is the first guide to reveal how you can reverse aging on a genetic level. By following a uniquely effective five-step program--which includes stress-reduction techniques, easy-to-follow dietary guidelines, moderate exercise, inexpensive skin treatments, and supplements--you can reverse DNA damage, enhance DNA repair, and start to look younger, feel younger, and be younger right away. The Anti-Aging Solution shows you how to: * Say goodbye to aching joints, sagging skin, and fatigue * Improve the quality and function of the genetic material in your cells * Ramp up your body's self-repair functions * Increase your stamina, endurance, and sex drive * Dramatically improve your resistance to disease, including many cancers * Have more youthful, radiant skin "synopsis" may belong to another edition of this title.