

Stopping Time: Natural Remedies to Reverse Aging

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Abstrak

What's even better than aging gracefully? Hardly aging at all! While no one can stop the chronological clock, natural remedies can dramatically slow down your biological one. New nutritional discoveries and ancient therapies used for hundreds, even thousands of years in the Far East can keep you vital, healthy, and youthful. They can also work miracles in stopping or reducing the effects of many chronic diseases associated with getting older. This comprehensive guide gives you a complete holistic approach to aging.