

The New Anti-Aging Revolution: Stopping the Clock for a Younger, Sexier, Happier You!

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Abstrak

With medical information doubling every three and a half years, life spans of 110 to 125 years may soon be a reality. Physicians Ronald Klatz and Robert Goldman, pioneers in this brave new world of anti-aging medicine, combine cutting-edge research and the latest medical breakthroughs on longevity, with practical ways for integrating this information into your daily life-how you can live it longer, better, and healthier-to create the most comprehensive book on life extension in print today.

This book will give you a clear understanding of the biological processes involved in aging, the ten key body systems where decline first begins, and the culprits largely responsible for tipping the clock: vitamin and mineral deficiencies and diminishing hormone levels. Learn how to weigh the pros and cons of hormone therapy, naturally stimulate your hormone production, replenish your nutrient stores, strengthen your immune system, nourish your body, burn fat and build lean muscle, revitalize in your sleep, and maintain a youthful mind and spirit.

Featuring a longevity test to identify how old or young you really are, and the personal life extension programs of more than two dozen anti-aging specialists, The Anti-Aging Revolution is the essential resource for anyone who wants to learn how their bodies work, how they age, and what they can do about it.