

The Anti-Aging Zone

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Abstrak

No one wants to get old or show the signs of age. In fact, for centuries many have searched for, and often promised, the fountain of youth. So what makes The Anti-Aging Zone different?

In this new, breakthrough book, Dr. Sears goes beyond looking at food as simply a source of calories and explains the incredibly powerful biological effects it has on your hormones. From this unique perspective, food is more than a source of sustenance; it becomes the most powerful drug known to man. More important, it is the only drug proven to reverse the aging process. In addition to unraveling the mysteries of your hormones and their role in aging, Dr. Sears reveals the essential dietary information you need to start your own age-reversal journey. Using his simple and easy-to-follow program, you will be able to live longer and live better beginning with your very next meal.

As Dr. Sears explains, the aging process isn't caused as much by the depletion or lack of hormones as we get older, but rather by their impaired ability to communicate with each other. Little-known "super-hormones" called eicosanoids can reestablish the critical communications links between your hormones, which is the key to age reversal. The brilliance of this anti-aging approach is that these exceptionally powerful super-hormones can be altered by the foods you eat, and, in particular, by the Zone Diet.

Your body is a vast, complex biological Internet whose hormonal communication can be orchestrated with great precision by the Zone Diet. Hormones from melatonin to serotonin, from estrogen to testosterone, from cortisol to DHEA, can all be controlled if you are willing to treat food with the same respect as you would any prescription drug. Ultimately, hormonal miscommunication is the underlying cause of many conditions associated with "getting older" such as insomnia, wrinkles, dry and dull skin, waning sex drive, depression, chronic pain, obesity, diabetes, heart disease, and cancer. Using The Anti-Aging Zone as your guide, you can look and feel better than you ever imagined.

Millions of people like you are now facing the hard realities involved with getting older. Dr. Sears separates the hormonal hype from reality and gives you the necessary tools to add years to your life and improve your appearance. The Anti-Aging Zone is your passport to a longer and better life.