

Prevention Positively Ageless: A 28-Day Plan for a Younger, Slimmer, Sexier You

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Abstrak

What does being younger mean to you?

Perhaps it's lifelong good health, free of the illnesses often associated with aging—such as heart disease, diabetes, osteoporosis, and cancer. It could be an agile mind, sharp vision, or smooth, wrinkle-free skin. Or maybe it's a fit body—lean, strong, and flexible, with energy to spare.

However you define it, being younger is within your grasp. Follow the program in Prevention's Positively Ageless , and you'll begin to see measurable improvements in key biomarkers of aging in as little as 4 weeks.

At the heart of the program are daily menus and recipes featuring nutritious, antioxidant-rich foods—the kind that actually help prevent and repair the cellular damage that causes premature aging. Handy charts allow you to see at a glance which foods have the greatest protective potential according to their ORAC scores, a revolutionary system for evaluating and comparing their antioxidant activity.

Positively Ageless also offers hundreds of self-care strategies, all culled from the latest and best scientific research, plus simple self-tests to assess your health risks and needs. Use these tools to build your own age-defying lifestyle; in no time, you'll be turning back the clock—inside and out.