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The Official Anti-Aging Revolution (Volume 1 of 3): Stop the Clock Time is on your Side for a Younger, Stronger, Happier you

Ronald Klatz

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The Official Anti-Aging Revolution (Volume 1 of 3): Stop the Clock Time is on your Side for a Younger, Stronger, Happier you Ronald Klatz
The Official Anti-Aging Revolution Teaches You How to Live Longer, Healthier, and Happier....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 tripping 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, combat skin aging, and maintain a youthful mind and spirit. Featuring The Official A4M 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 Official 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. Ronald Klatz, MD, DO is a long-time scientific pioneer and innovator. Dr. Klatz originated the term "anti-aging" and has been recognized as the "Guru of anti-aging" by Business Week. This edition is in three volumes. The second and third volume ISBNs are 9781458721822 & 9781458721839.

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