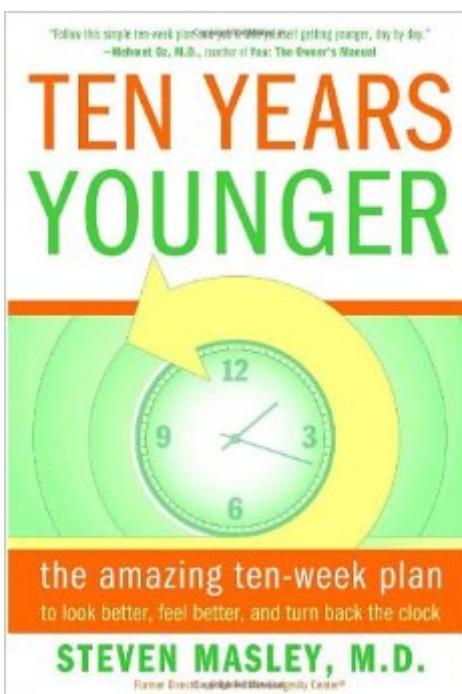


The book was found

Ten Years Younger: The Amazing Ten Week Plan To Look Better, Feel Better, And Turn Back The Clock



Synopsis

How would you like to look and feel ten years younger in just ten weeks time? Studies show that Americans on the whole are aging faster than ever with conditions like diabetes, cancer, and heart disease occurring increasingly earlier on in lifeâ "along with everyday age indicators like wrinkles and love handles. Now, Dr. Steven Masley, former medical director of the prestigious Pritikin Longevity CenterÂ® and a pioneer in anti-aging medicine, delivers a breakthrough plan to turn back the clock, inside and outâ "no matter what your age! Originally featured on the Discovery Channel, the Ten Years Younger Program is designed to combat the roots of accelerated aging. Poor nutrition, toxins in the environment, stress, and exposure to free radicals all make us old before our time, along with a little-known aging culprit: low- and no-carb diets. As Dr. Masley shows, low-carb diets deprive the body of anti-aging phytonutrients and fiber, accelerate osteoporosis, and damage brain cells. So the first secret of turning back time is: Eat your carbs! Each week, Ten Years Younger guides you through an age-busting combination of cutting-edge nutritional choices, relaxation techniques to reduce the aging effects of stress, and simple workouts designed to build lean muscle and trim and tone your body from head to toe. By following the plan for just ten weeks, you will: Achieve significant weight lossâ "up to twenty-five pounds Boost your energy levels Rejuvenate your skin Enhance brain function Prevent and reverse the onset of diabetes and heart disease Lower your cholesterol and blood pressure Improve sexual vitality With tools to help you assess how your body is really aging, weekly shopping lists and meal plans, and over 100 delicious recipes packed with antioxidants and anti-aging nutrients, Ten Years Younger is the healthiest, safest, and fastest way to take off the yearsâ "no surgery required!

Book Information

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Customer Reviews

In the intro, Dr Masley promises that his Ten Years Younger Program can help the patient reverse the aging process and be ten years younger in just 10 weeks. There are 3 pillars to this program. No surprises, they are 1. Diet, 2. Exercise and 3. Relaxation. Dr Masley goes on to explain what causes accelerated aging. No surprises here either. They are oxidative stress, diet, metabolic syndrome, physical inactivity, chronic stress, toxins, inflammation. Nothing new here. For people who have been reading health books, this chapter will sound like a boring repetition. However, I think Dr Mansley does a good job of debunking low carb diets. Then, there is a chapter on "sweet 16" vitality foods. No surprises in the list - except for one - chocolates! Like many health gurus, Dr Mansley advocates supplements that apart from the usual things, include selenium, ginger and garlic. Chapter 6 is all about fitness. I totally agree with his advice on strength training in addition to aerobic training. He also advises on practical, easy to do exercises like walking. It's a pity there's only one chapter. Chapter 7 is all about relaxation. Very little information here except that sleep is important, meditate, be positive, share love and intimacy etc. Next 2 chapters deal with detox and skin rejuvenation. Again, very simple advice that is easy to follow. Part 2 of the book introduces the program itself in 3 phases. Dr Mansley actually gives you a daily time-table for your various routines. Recipes, exercise routine, relaxation routine, supplement routine and detox routine are all listed. This part is probably all that makes the book worth buying. The routines are very simple and easy to follow.

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