



## Shed 10 Years in 10 Weeks

By Colman, Carol; Whitaker, Julian, M.D.

New York, NY, U.S.A.: Simon & Schuster, 1997, New York, NY, U.S.A., 1997. Hard Cover. Book Condition: New. Dust Jacket Condition: New. First Edition 7th Prtg. 8vo - over 7¾" - 9¾" tall. Hard Cover. First Edition 7th Prtg. 8vo - over 7¾" - 9¾" tall. 1st Ed., 7th Printing, HB/DJ, new, 288 pp. The promise of Shed 10 Years in 10 Weeks is a profoundly simple one: with the right intervention, a decade's worth of age-related damage can be reversed in ten weeks' time. Dr. Whitaker's program is backed by extensive medical research and experience with more than 15,000 patients who have completed his age-loss program at the Whitaker Wellness Institute.



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