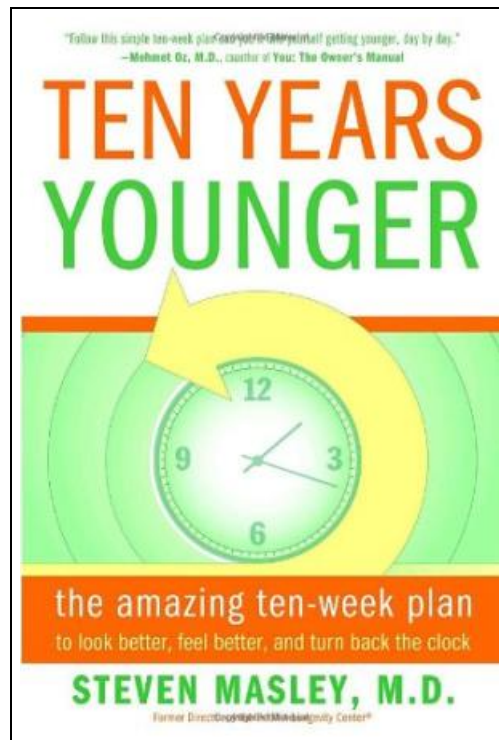


Ten Years Younger: The Amazing Ten-Week Plan to Look Better, Feel Better, and Turn Back the Clock



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Reviews

*The book is simple in read through better to fully grasp. It is rally exciting throgh looking at period of time. I discovered this publication from my i and dad encouraged this book to find out.
(Dr. Dillon Monahan)*

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Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, Ten Years Younger: The Amazing Ten-Week Plan to Look Better, Feel Better, and Turn Back the Clock, Steven Masley, 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 life--along with everyday age indicators like wrinkles and love handles. Now, Dr. Steven Masley, former medical director of the prestigious Pritikin Longevity Center(R) and a pioneer in anti-aging medicine, delivers a breakthrough plan to turn back the clock, inside and out--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 loss--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,...



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