



The Metabolic Plan: Stay Younger Longer

By Stephen Cherniske

Random House Publishing Group, 2004. Paperback. Book Condition: New. Reprint. 208 x 140 mm. Language: English . Brand New Book. The choice is yours: You can add forty or more vigorous, fulfilling years to your life. It sounds like science fiction, but in fact it s cutting-edge science grounded in exciting new research. In The Metabolic Plan, internationally renowned biochemist Stephen Cherniske reveals the medical breakthroughs that enable all of us to extend our lives--and the quality of our lives--starting today. Far from giving out due to inevitable wear and tear, the human body is naturally endowed with astonishing powers of renewal, self-repair, and regeneration. The secret to unlocking these powers lies not in genetic tinkering or a high-tech fix but in tricking your body into adopting the metabolism of a twenty-year-old. The Metabolic Plan offers a comprehensive diet and exercise regimen specifically tailored to boost antioxidant levels, combat disease, increase muscle, reduce fat, and enhance memory and vision. Cherniske shares the age-defying properties of such cutting-edge supplements as 7-Keto and debunks myths about acid/alkaline foods. Here too are detailed metabolic plans geared to the different needs of men and women and to every decade of our lives--so we ll...



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