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New Anti-Aging Revolution, Third Ed.: Stop The Clock: Time Is On Your Side For A Younger, Stronger, Happier You



Synopsis

With medical information doubling every three and a half years, life spans of 110 to 125 years may soon be a reality. Physicians Ronald Klatz and Robert Goldman, pioneers in this brave new world of anti-aging medicine, combine cutting-edge research and the latest medical breakthroughs on longevity, with practical ways for integrating this information into your daily life-how you can live it longer, better, and healthier-to create the most comprehensive book on life extension in print today. 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 tipping 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, and maintain a youthful mind and spirit. Featuring a 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 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.

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Customer Reviews

Ronald M. Klatz, M.D., D.O., is a leading authority on maximum human performance, advanced biotechnologies, anti-aging medicine, and aging-related diseases. He is president and cofounder of the American Academy of Anti-Aging Medicine (A4M) and is board certified in family practice and

sports medicine, and by the American Board of Anti-Aging Medicine. Dr. Klatz holds academic, clinical, or research affiliations with Oklahoma State University, Tufts University, and the Central America Health Sciences University. He is the author of numerous books, including *Grow Young with HGH*; has served as the senior medical editor of *Longevity* magazine and as a contributing editor to the *Archives of Gerontology and Geriatrics*; has been a respected consultant to the U.S. Congress and the General Accounting Office; and is a popular lecturer and television guest.

This is a comprehensive work on the subject of anti-aging medicine, and includes information on Hormone Replacement Therapy (HGH, Testosterone, Estrogen/Progesterone, etc.); the use of foods, vitamins, minerals, herbal supplements, and other substances, to raise one's own hormone levels naturally; and also how diet, exercise, stress, and other lifestyle choices can be made to favor one's longevity and quality of life. The book is thoroughly footnoted and highlights key research done in these areas, and about the only shortcoming is that this book was published in 2004. However, it still is a Classic in the field of anti-aging medicine, and is a must-read for anyone considering an anti-aging regimen. In particular, the section of the book which describes the role of vitamins, minerals, amino acids, herbal supplements, and other substances in slowing down of aging processes, is excellent!

Excellent book, great information. Recommend read for reversing aging and staying as young as one can.

There are 6 sections to this wonderful book. Section One deals with the theories of aging and ends by delving into the various body systems that are affected by the aging process. Section Two goes into the endocrine system. Entire chapters are devoted to growth hormone, melatonin, oestrogen, testosterone and thyroid hormone. The authors give us the facts on how these hormones affect or are affected by the aging process. Supplementation is mentioned, but the authors made no attempt to "sell" anything. Section Three deals with nutritional supplements. The list is quite exhaustive and make a very good reference for anyone considering supplementation. Here again, the reviews are quite balanced. No "miracle" nutrients and contraindications are mentioned as well. Section Four deals with lifestyle factors in anti-aging. Topics include diet, detox, exercises, anti-stress tips, skin care and protection from pollutants. A lot of unsurprising, unsensational yet sound advice here. Section Five gives us insight into what some health gurus do to stay fit and healthy. It won't be easy for any of us holding a fulltime job in the city to follow. There is also mention of stem cell

research and other cool stuff that will be coming our way soon. Section Six provides a glossary and some references as well as a directory of anti-aging resources. The greatest thing about this book, is that it is "scientifically" written by 2 doctors who live up to their professional training. Aimed only at informing and educating the reader, it provides nothing sensationally pro this or anti that. If you can only afford one book on this topic, buy this one.

I found this book to have a lot of interesting information. I was able to understand the content without difficulty.

This is the best all-around book on anti-aging that I have seen. It functions as an encyclopedia of food supplements including research findings, includes descriptions of just about every theory of aging, has chapters devoted to male and female hormone supplementation, and gives practical lifestyle advice to help you live longer.

very informative

Thank you

Biggest thing for anti aging is eat as natural as possible, and age gracefully. Staying active is as important as our food. Supplements presented do not have a lot of good research behind them, so we will do well to learn to age gracefully as it is inevitable.

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