

Anti-ageing medicines

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Abstrak

In this detailed and indispensable guide, Dr Kyriazis also provides realistic and easy-to-follow advice on the prevention of a wide range of age-related problems using a combination of lifestyle guidelines and recommended medication. Today we are all increasingly aware that many facets of the ageing process and many chronic conditions often associated with age, such as stroke, dementia, arthritis and heart disease, are preventable. With this knowledge and the growing realization that we do not need to succumb to many of the problems associated with ageing, an insatiable demand has b