

Stopping the Clock: Dramatic Breakthroughs in Anti-Aging and Age Reversal Techniques

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Abstrak

Why many of us will live past 100--and enjoy our extra years. In *Stopping the Clock*, two pioneers of anti-aging medicine show how we can start now to regain energy and vitality, halt or reverse damage to our bodies, and avoid the diseases--heart attack, arthritis, cancer, diabetes--that do most to reduce current life expectancy.

In sixteen fully-documented, information-packed chapters, Klatz and Goldman detail an up-to-the-minute longevity program, including:

The key anti-aging hormones: Melatonin, DHEA, and human growth hormone, how to take them and precautions to use.

The sex hormones: the role of estrogen and progesterone supplementation, including natural alternatives to prescription hormones--plus new research on testosterone supplementation for men and women.

The role of the "miracle minerals"--chromium, selenium and magnesium--and the latest information on the key anti-oxidant vitamins and how to take them.

A thyroid support program to avoid the many dangerous effects of thyroid deficiency.

A sensible approach to anti-aging exercise--plus 25 ways to defeat the aging effects of stress.

The life-long diet--including the top 25 healing foods.

A longevity test to determine your current estimated lifespan.

Personal longevity programs--including daily supplement regiments--from 28 leaders of anti-aging medicine.

Glossary of 75 anti-aging substances available at health-food stores.