

Healthy Aging: A Lifelong Guide to Your Well-Being

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Reviews

This is the very best pdf i actually have study right up until now. I could possibly comprehended almost everything using this created e book. Your daily life span will be enhance as soon as you total looking over this publication. (Prof. Johnson Rutherford)

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HEALTHY AGING: A LIFELONG GUIDE TO YOUR WELL-BEING



Anchor. Paperback. Condition: New. 368 pages. Dimensions: 8.0in. x 5.1in. x 1.0in.In each of his widely acclaimed, best-selling books, Dr. Andrew Weil has been an authoritative and companionable guide through a uniquely effective combination of traditional and nontraditional approaches to health and healthy living. Now he gives us a book about aging that is unlike any other. Drawing on the new science of biogerontology (the biology of aging) as well as on the secrets of healthy longevity diet, activity and attitude Dr. Weil explains that there are a myriad of things we can do to keep our bodies and minds in good working order through all phases of life. Hugely informative, practical, and uplifting, Healthy Aging is infused with the engaging candor and common sense that have made Dr. Weil our most trusted source on healthy living. With detailed information on: -Learning to eat right: Following the anti-inflammatory diet, Dr. Weils guide to the nutritional components of a healthy lifestyle-Separating myth from fact about the would-be elixirs of life extension herbs, hormones, and anti-aging medicines-Learning exercise, breathing and stress-management techniques to benefit your mind and body-Understanding the science behind the aging process-Keeping record of your life lessons to share with loved ones This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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