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Biomarkers: The 10 Keys to Prolonging Vitality (Paperback)

By William Evans

SIMON SCHUSTER, United States, 1992. Paperback. Condition: New. Reprint. Language: English . Brand New Book ***** Print on Demand *****.Exciting new evidence from the USDA Human Nutrition Research Center on Aging at Tufts University has demonstrated that the body's decline is due not to the passing of years but to the combined effects of inactivity, poor nutrition, and illness -- much of which can be controlled. This breakthrough study shows that regardless of your age or present physical condition, the aging process can be slowed -- or even reversed! The authors have identified ten biomarkers, the key physiological factors associated with prolonged youth and vitality: * lean body (muscle) mass * strength * basal metabolic rate * body fat percentage * aerobic capacity * blood pressure * Insulin sensitivity * cholesterol/HDL ratio * bone density * body temperature regulation With only 50 minutes a day of aerobic exercise and strength training (a pivotal component of the 16-week Bioaction Plan), even middle-aged couch potatoes and older adults can: * regain muscle loss and increase strength by as much as 200 percent * reenergize the body and actually lose body fat * increase aerobic capacity by up to 20 percent *...



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