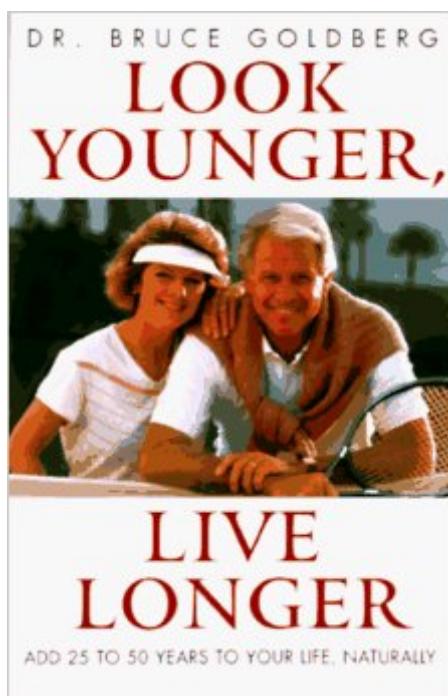


The book was found

Look Younger, Live Longer: Add 25 To 50 Years To Your Life, Naturally



Synopsis

Discover the amazing scientific evidence that proves the effectiveness of simple methods you can use to add yearsâ •maybe decadesâ •to your life, while appearing younger and being more physically fit, in the startling book, *Look Younger, Live Longer*, by Dr. Bruce Goldberg. Medical research has shown that your body's immune system is the most important factor in determining how quickly you age. The key ingredient for keeping your immune system strong is a hormone, naturally produced by your body, known as DHEA. Â Scientific studies prove that meditative techniques, including self-hypnosis, can increase your body's production of DHEA, knocking years off your appearance and resetting your biological clock. *Look Younger, Live Longer* fully explains techniques to do this. The book includes medically sound advice on other ways, including nutrition and exercise, to stay young physically, mentally, and in appearance. In *Look Younger, Live Longer*, you'll discover:

- Â How to use self-hypnosis to increase your body's natural production of DHEA to slow down the aging process
- Â How to look younger immediately
- Â Easy techniques to boost your brain power and improve memory
- Â An eating plan to reduce cellular changes leading to complaints associated with aging
- Â Nutritional keys to halt aging skin now
- Â Simple methods to significantly improve your sex life
- Â A step-by-step plan to reprogram the internal "computer" that may be aging you prematurely

Another important aspect of this book is how it can change attitudes. Most people think that those who are older are slower, don't contribute, and are not very bright. *Look Younger, Live Longer* exposes these myths, with real-world examples showing how older people can be creative, active, and the brightest people around. Here is your chance to tap into a clearly documented fountain of youth. Your first step to this new life begins when you get *Look Younger, Live Longer*.

Book Information

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Customer Reviews

Dr. Bruce Goldberg maintains that disease, not old age, kills people. He says that disease can be prevented, allowing people to live longer and healthier, by strengthening the immune system. His book, *Look Younger, Live Longer*, presents an array of natural tips for doing just that. The purpose of his book is to present "solid and clinical evidence of what you can and cannot do to look younger and live longer naturally." While his advice can help postpone death, his intent "is to show you how to maintain optimal health for the longest possible period of time." Dr. Goldberg doesn't offer magic elixirs or tricks to prevent or reverse the effects of aging. He says "your mind is the most powerful weapon in your arsenal against premature aging" and the key to youthfulness lies "in the choices we make many times each day" as to what we eat, drink, and think. Diseases of old age are a result of years of youthful abuse of our bodies, according to Dr. Goldberg, and he presents statistics and case studies to prove his assertions. His advice for living a long and healthy life includes eating less sugar and processed foods, quitting smoking, and using alcohol in moderation. He writes that "your single biggest physical defense against aging is exercise." He also cites studies showing that pets help their owners live longer and healthier. He says one way to keep your brain younger is take up a hobby. *Look Younger, Live Longer* is Dr. Goldberg's fifth book, and is based on his experience with more than 11,000 patients. Readers interested in natural ways to improve their lives and increase their longevity will find his advice informative and practical.

I was looking more for a book that would address me where I am. I am in my late 70's and have already gone through the healthy eating habits and just standard stuff to keep healthy. It didn't give me anything I haven't already covered and lived. So, maybe for someone younger and less well read, it will be of help. It was just a ho-hum book for me. Diet, attitude, physiology, etc. I wanted something new and exciting. Not there.

This book is simply written. Its message is to not stress, eat right, etc. Very simply written. Save your money.

great book

With the way things are going nowadays, it seems sometimes that we won't make it through to tomorrow. This book really gave me hope in whether or not I'll see tomorrow!

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