



121 Ways to Live 121 Years and More Prescriptions for Longevity

By Ronald Klatz

Paperback. Book Condition: New. Paperback. Anti-aging medicine is the worlds fastest growing new medical specialty. Today it is practiced by more than 30, 000 physicians in 80 countries worldwide. It applies advanced science and medical technology for the early detection, prevention, treatment, and reversal of age-related dysfunctions. Because of anti-aging medicine: Aging is not inevitable. The co-founders of the anti-aging movement, with a combined 50 years of medical know-how, have created a handbook of simple, practical tips we can implement today to help us live long and healthy lives. And, believing in the adage knowledge is power, they share the science behind each tip, so readers can make more informed choices. 121 Ways to Live 121 Years. . . And More! Prescriptions for Longevity draw on the enormous resources of the World Health Network (www.worldhealth.net), the educational website of the American Academy of Anti-Aging Medicine (AM). Tips cover a wide variety of topics, such as: Its not enough to know your cholesterol; test for C-reactive protein too; fight cancer tumors with certain beans and nuts; lower blood pressure with potatoes; happiness helps health; bread crusts, and bread-type foods like pizza, may have cancer-fighting potential. There are travel savvy...



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