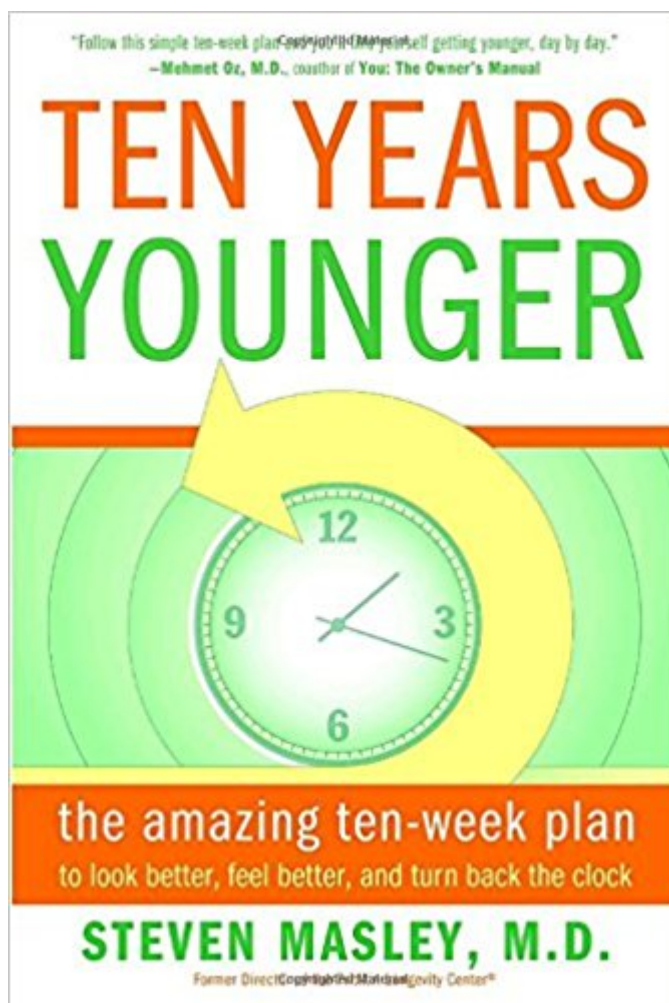


The book was found

Ten Years Younger: The Amazing Ten Week Plan To Look Better, Feel Better, And Turn Back The Clock



Synopsis

How would you like to look and feel ten years younger in just ten weeks time? Studies show that Americans on the whole are aging faster than ever with conditions like diabetes, cancer, and heart disease occurring increasingly earlier on in life—along with everyday age indicators like wrinkles and love handles. Now, Dr. Steven Masley, former medical director of the prestigious Pritikin Longevity Center® and a pioneer in anti-aging medicine, delivers a breakthrough plan to turn back the clock, inside and out—no matter what your age! Originally featured on the Discovery Channel, the Ten Years Younger Program is designed to combat the roots of accelerated aging. Poor nutrition, toxins in the environment, stress, and exposure to free radicals all make us old before our time, along with a little-known aging culprit: low- and no-carb diets. As Dr. Masley shows, low-carb diets deprive the body of anti-aging phytonutrients and fiber, accelerate osteoporosis, and damage brain cells. So the first secret of turning back time is: Eat your carbs! Each week, Ten Years Younger guides you through an age-busting combination of cutting-edge nutritional choices, relaxation techniques to reduce the aging effects of stress, and simple workouts designed to build lean muscle and trim and tone your body from head to toe. By following the plan for just ten weeks, you will: Achieve significant weight loss—up to twenty-five pounds Boost your energy levels Rejuvenate your skin Enhance brain function Prevent and reverse the onset of diabetes and heart disease Lower your cholesterol and blood pressure Improve sexual vitality With tools to help you assess how your body is really aging, weekly shopping lists and meal plans, and over 100 delicious recipes packed with antioxidants and anti-aging nutrients, Ten Years Younger is the healthiest, safest, and fastest way to take off the years—no surgery required!

Book Information

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Customer Reviews

Dr. Steven Masley leads the way for anyone searching for the keys to extend not only lifespan, but healthspan as well. A stand-out program for turning back the clock that makes these goals a reality.

David Perlmutter, M.D., F.A.C.N., author of The Better Brain Book: A fantastic, no-excuses plan that will take off the years, inside and out. Ten Years Younger should be required reading for all physicians and their patients.

Fleur Sack, M.D., former President, Florida Academy of Physicians

Steven Masley, M.D., is a physician, a nutritionist, and the former medical director of the Pritikin Longevity Center® in St. Petersburg, Florida. Currently medical director of the acclaimed Carillon Executive Health Program at St. Anthony's Hospital in St. Petersburg, he is also a clinical assistant professor at the University of South Florida.

This book has good information, however, it was written earlier that the "Smart Fat" and some of his ideas have changed because of newer information on the additives put into the modern diet. Wake up people.

Not a crock. I have bought endless books. I finally found the winner. easy and doable. you must stick to this. it's not a diet it's healthy eating which leads to a healthy body. DON'T GIVE UP

it is just ok.

Good tips..read often!

5 stars

Gave specifics on diet, exercise, supplements, etc. It even had lots of recipes that the medical doctor author learned in cooking school. The author showed that he really cares - important!

Ten years younger book

Dr Masley makes living a healthy and long life easy to accomplish in this informative book. Not only does it explain "metabolically" what we need to understand, it give us a 10 week plan that includes daily recipes, workout plans and a weekly shopping list to make it a "no brainer" for those of us that want to have an excuse to "not comply".... The recipes are delicious and the menu includes Chocolate and wine!! Unheard of in most diet plans. A must read for "baby boomers" who have survived this long.

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