



## Ten Years Younger: The Amazing Ten-Week Plan to Look Better, Feel Better, and Turn Back the Clock

By Steven Masley

Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, Ten Years Younger: The Amazing Ten-Week Plan to Look Better, Feel Better, and Turn Back the Clock, Steven Masley, 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(R) 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,...



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### Reviews

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

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*This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.*

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