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# GROWING YOUNG

A Doctor's Guide  
to the  
**NEW** Anti-Aging

look younger...

feel younger...

be younger!

**Marcus L. Gitterle, M.D.**

# Growing Young A Doctors Guide To The New Anti Aging

**Nick R. Delgado,PH D Delgado,Shawna  
Kendell**

## **Growing Young A Doctors Guide To The New Anti Aging:**

*Growing Young* Marcus L. Gitterle, 2011-10 Anti Aging has come of age and more importantly it is now within reach of anyone who values their health *Growing Young* is like having the benefit of a private consultation with an Anti Aging expert who also has a gift for delivering medical information in a way that is very understandable and empowering [The Body Ecology Guide to Growing Younger](#) Donna Gates, Lyndi Schrecengost, 2013-01-08 A detailed holistic program for redesigning your relationship with your body and life helping you feel younger healthier and more alive regardless of your age Expanding on the principles in the landmark bestseller *The Body Ecology Diet* this excitingly anticipated book provides a blueprint for restoring a vital friendship with our bodies as the years pass and creating beauty longevity and well being in ourselves and our world Through diet nutrition and unique anti aging therapies Donna Gates the originator of Body Ecology a world renowned system of healing shows us how we can live fuller healthier more meaningful lives What's Inside Anti aging remedies that will make you feel and look younger The missing piece to all traditional diet programs Insight into why we age and how we can prevent it Little known wellness secrets that address the stresses and pressures of our modern world Superfood recommendations for increased energy vitality and disease prevention A fascinating blend of cutting edge medical information practical health advice and spiritual wisdom *The Body Ecology Guide to Growing Younger* is relevant for people of any age This groundbreaking book suggests that we don't simply have to age gracefully we can age with panache [The Science of Anti-aging Medicine](#), 2003 *The Science and Technology of Growing Young, Updated Edition* Sergey Young, 2024-09-24 Wall Street Journal USA Today and Publishers Weekly bestseller 2021 Nautilus Book Award Silver Medal Winner Aging Consciously Category The prospect of living to 200 years old isn't science fiction anymore A leader in the emerging field of longevity offers his perspective on what cutting edge breakthroughs are on the horizon as well as the practical steps we can take now to live healthily to 100 and beyond In *The Science and Technology of Growing Young* industry investor and insider Sergey Young demystifies the longevity landscape cutting through the hype and showing readers what they can do now to live better for longer and offering a look into the exciting possibilities that await us By viewing aging as a condition that can be cured we can dramatically revolutionize the field of longevity and make it accessible for everyone Join Sergey as he gathers insights from world leading health entrepreneurs scientists doctors and inventors providing a comprehensive look into the future of longevity in two horizons *The Near Horizon of Longevity* identifies the technological developments that will allow us to live to 150 some of which are already in use from AI based diagnostics to gene editing and organ regeneration *The Far Horizon of Longevity* offers a tour of the future of age reversal and the exciting technologies that will allow us to live healthily to 200 from Internet of Bodies to digital avatars to AI brain integration In a bonus chapter Sergey also showcases 10 longevity choices that we already know and can easily implement to live to 100 distilling the science behind diet exercise sleep mental health and our environments into attainable habits and lifestyle hacks

that anyone can adopt to vastly improve their lives and workplaces Combining practical advice with an incredible overview of the brave new world to come The Science and Technology of Growing Young redefines what it means to be human and to grow young     Aging Without Growing Old Judy Lindberg McFarland, Laura Gladys McFarland, 2003 Most people today are aging too rapidly and are dying from illnesses that could be prevented Judy Lindberg McFarland wants to help readers prevent all the degenerative diseases and illnesses that accompany aging and the heartaches resulting from the loss of one's health In *Aging Without Growing Old* men and women of all ages will find out how to become healthy through natural and nutritional means They'll learn how to enjoy greater health no matter how old they are and how to slow the aging process down to a crawl It is possible to start defying your age with the essential information found in this book     *Grow Younger Like Me* Vernon Williams, 2014-05-01 A medical doctor's personal battle to regain his health happiness and youthfulness Growing Younger Gracefully But you have a choice You can surrender to time's relentless assault or you can fight for your life roll back the years and grow younger gracefully Not with dyes trusses and girdles but with solid medical information the kind that can tip the balance in your favor With the advice from Vernon F Williams a Harvard educated Albert Einstein trained physician you can actually grow younger just as he did Including Dr Williams FIVE STEP PROGRAM you can use every day in your battle with the clock My Five Steps Wellness Program is designed to optimize your body's systems and slow or reverse your biological age These steps consist of body sculpting whole body detoxification weight reduction bio identical hormone optimization and customized vitamin and nutrition The five step program is designed for everyone but not everyone will need all five steps What the Five Step Program Can Do For You Reduce your weight Reduce your body fat Create a more desirable figure Optimize your hormones Reduce your stress Increase your sex drive Improve your metabolism Cleanse your body of unwanted toxins bacteria viruses and fungi Decrease your blood pressure Improve your sleep pattern Improve your skin tone Increase your energy level Decrease your pain level Decrease your inflammation Decrease gastrointestinal discomforts Decrease your chances of getting coronary artery diseases stroke diabetes or cancer Decreased your risks of other illness Improve your immune function This is the amazing Five Steps Wellness Program pioneered by Dr Williams in his own battle against aging and disease     Growing Younger Bridget Doherty, Julia VanTine, 2001-01-01 Breakthrough age defying secrets for women     Healthy Aging Andrew Weil, M.D., 2008-11-26 1 NATIONAL BESTSELLER A unique book about aging that draws on the science of biogerontology as well as on the secrets of healthy longevity from America's best known doctor The New York Times Magazine In each of his widely acclaimed best selling books Dr Andrew Weil has been an authoritative and companionable guide through a uniquely effective combination of traditional and nontraditional approaches to health and healthy living Dr Weil explains that there are a myriad of things we can do to keep our bodies and minds in good working order through all phases of life Hugely informative practical and uplifting Healthy Aging is infused with the engaging candor and common sense that have made Dr Weil our most trusted source on healthy living With detailed

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