



## OutSmart Aging: 9 Anti-Aging Secrets That Will Change Your Life

By Dr Kevin Light

Clovercroft Publishing, United States, 2014. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. Have you surrendered to the idea that everyone starts to fall apart after 50? Are you convinced that a bad heart, feeble mind, weight problems or even cancer are lurking in your future? News flash! Most of the chronic diseases we acquire with age are due to poor choices. Over the last 10 years there has been an avalanche of hard science showing us how we shoot ourselves in the foot with our lifestyle. That translates as follows: We have control over our health destiny. New medical science now shows us a better way and has sparked a revolution in health care. In this groundbreaking book, Dr. Kevin Light guides you through the critical steps you need to help OutSmart Aging and live a fuller, healthier life. His powerful strategies include: . Replacing tired or missing hormones with bio-identical hormone therapy . Taming stress to chill out and live longer . Discovering the magic of sleep and how to find it . Learning defensive eating in a world of killer foods . Keeping fit the right way in less than one...



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