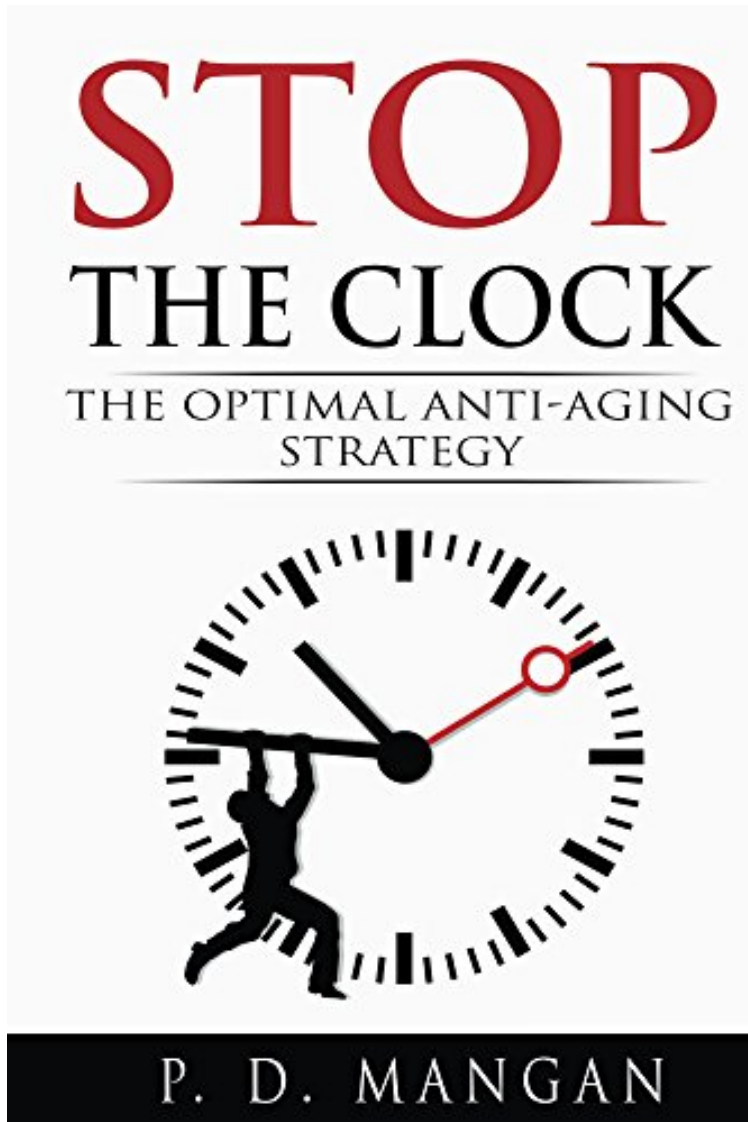


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# Stop the Clock: The Optimal Anti-Aging Strategy (English Edition)



Par P. D. Mangan  
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## Description :

Prsentation de l'diteurAging can be slowed or reversed. The science of aging has made huge advances in recent years, and has found a number of interventions that can affect the aging process for the better. The program outlined in this book requires nothing expensive - and in fact costs next to nothing, other than some self-discipline - and is solidly backed by the latest research in anti-aging science.The evolutionary heritage of humans has caused us to be adapted to certain ways of life, but our modern world of instant gratification of our basic drives, most notably hunger, means that our genes are increasingly ill-adapted to our way of life. The quest for comfort and instant gratification leads to accelerated aging. Living more in tune with the ways

of our ancestors in matters of food and physical activity can slow the aging process. Challenging ourselves intermittently makes us healthier and more likely to lead longer lives free of illness. Our bodies are like cities: old structures must be torn down to make way for new ones in a continual process of renewal. In a youthful state, our bodies are fully capable of the process of self-renewal, but aging greatly weakens this process. Stop the Clock shows how, with a few relatively simple lifestyle changes, we can renew our capacity for self-renewal. Presentation de l'diteur Aging can be slowed or reversed. The science of aging has made huge advances in recent years, and has found a number of interventions that can affect the aging process for the better. The program outlined in this book requires nothing expensive - and in fact costs next to nothing, other than some self-discipline - and is solidly backed by the latest research in anti-aging science. The evolutionary heritage of humans has caused us to be adapted to certain ways of life, but our modern world of instant gratification of our basic drives, most notably hunger, means that our genes are increasingly ill-adapted to our way of life. The quest for comfort and instant gratification leads to accelerated aging. Living more in tune with the ways of our ancestors in matters of food and physical activity can slow the aging process. Challenging ourselves intermittently makes us healthier and more likely to lead longer lives free of illness. Our bodies are like cities: old structures must be torn down to make way for new ones in a continual process of renewal. In a youthful state, our bodies are fully capable of the process of self-renewal, but aging greatly weakens this process. Stop the Clock shows how, with a few relatively simple lifestyle changes, we can renew our capacity for self-renewal.