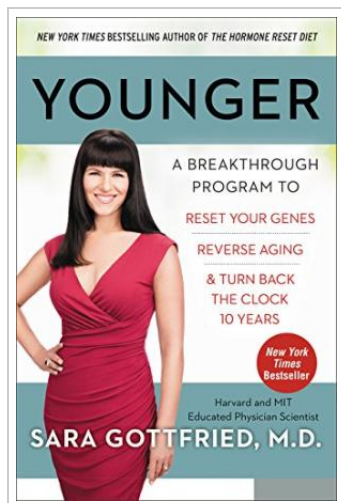




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Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years (Hardback)

By Sara Gottfried

HarperCollins Publishers Inc, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. The New York Times bestselling author of The Hormone Cure and The Hormone Reset Diet shows every woman how to create a lifestyle that will help her look great, feel energized, and slow down the effects of aging. Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer s, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The body is magnificent but it doesn t come with a lifetime warranty, or an operating manual. You re the result of millions of years of evolution, but many of the adaptations that helped your ancestors survive are now working overtime to accelerate the aging process. The assumption here is that we are our genes and therefore trapped by the past. The good news is that your genetic code--the DNA sequence that is the biochemical basis of heredity--can play a minor role in the way you age. The scientific reality is that 90 percent of the signs of aging and disease are caused by lifestyle choices,...

Reviews

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