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Age Right Tpb

By ULLIS

SIMON SCHUSTER, United States, 2000. Paperback. Book Condition: New. 214 x 139 mm. Language: English . Brand New Book ***** Print on Demand *****.Welcome to the new age in antiaging therapy Don t resign yourself to growing old gracefully. With Age Right as your guide, you can reduce body fat, increase strength and energy, and boost your sex drive, all while adding years to your life. With his revolutionary approach, Karlis Ullis, M.D, provides you with the latest methods for stopping -- and even reversing -- the aging process. Based on twenty years of pioneering work with Olympic and professional athletes, Age Right offers an antiaging program that helps you extend your life span by identifying your unique aging pathway through the Mind-Body-Spirit test. USING A STEP-BY-STEP, PERSONALIZED PLAN OF EXERCISE, NUTRITION, AND ANTIAGING SUPPLEMENTS, THIS UNIQUE PROGRAM OFFERS The most up-to-date information on how and why we age, and the four key factors in the aging process Self-tests to determine your biological age (versus your chronological age) Expert advice on the best combination of nutrition, exercise, and supplements to fight the effects of age-related problems as indicated by your aging pathway Specific guidelines for modifying your antiaging regimen based...



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