



Pristontale Aging Guide

Shaw Mena



Pristontale Aging Guide:

Beijing Review ,2007 **The Ultimate Anti-Aging Guide** Shaw Mena,2019-09-17 Aging is inevitable But no one said that you couldn't age well and keep your youthful good looks energy and health No one wants to get older but unfortunately until they discover an elixir of youth it's fairly unavoidable Many of us make the assumption that getting old automatically has to mean getting covered in wrinkles losing our ability to walk around and eventually developing incontinence and dementia As it happens though none of these things are inevitable and most of them are only partially related to age And you can see this too just by looking around While some people seem to be struggling to stand up straight and remember their name at age 65 others are still playing sports and writing books well into their 80s and 90s Is the difference entirely genetic Not at all In fact there are numerous lifestyle changes that can make all the difference to the way you feel as you age and many of the problems that are associated with old age can actually be avoided entirely So yeah Aging is still inevitable But the way you age is almost entirely up to you The difference comes down to your knowledge and your ability to apply that knowledge to make the most of your own body and health YOU have the choice and the sooner you take action the more effectively you can stave off the most unappealing aspects of getting older This isn't just a book for old people It's for young people too In fact it's more aimed at young people because you are the ones who have the time to ensure you get the very most out of your body and mind as you get older The point again is you do have control over the way you age and if you take the right precautions then you can stay healthy mobile and able well into older age This book is going to act as your road map and your blueprint to help you do exactly that What You'll Learn You Can Control How Fast Or Slowly You Age Mobility Energy Nutrition Toxins Cell Damage And Heart Problems Brain Fine Tuning Your Mental Clarity On A Daily Basis Cognitive Decline With Old Age Increasing Brain Energy And Mood With Nutrition Nootropics Mood And Learning Increasing Learning Interest Memory With The Right Lifestyle Staving Off Depression To Prevent Wrinkles Disease How Stress Ages You Introducing Telomeres How To Manage Stress Keeping Your Body Active And Mobile Preventing Your Age From Showing Up On Your Face Protecting Your Skin With The Right Nutrients The Best Diet For Looking And Feeling Younger Eat A Lot Or Eat A Little Skin Care For Anti Aging Creams And Other Products Helping Your Hair Hang Onto Its Youthful Appearance How To Avoid Aging Hair Combating Grey Hair Fighting Hair Loss Keep Your Hands Looking Younger Over Time Treating The Embarrassing Issue Of Incontinence What Causes Incontinence In Old Age Sexual Dysfunction Hormonal Changes Preventing And Treating Common Ailments Of Aging And Much More **Be Fit for Life** Steven R. Gambert,2010 Be Fit for Life A Guide to Successful Aging is a self help book for anyone interested in living a happier and healthier life Aging is a life long process and the sooner one accepts this and better prepares for the years ahead the more successful his/her aging process will be Dr Gambert a noted authority in the field of aging and medicine takes the reader on a journey that provides information and practical advice on how to best prevent an accelerated aging process avoid disease and recognize and treat problems early

This book also offers practical information to help the reader choose the right diet exercise plan and lifestyle that will help promote a more successful aging process

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