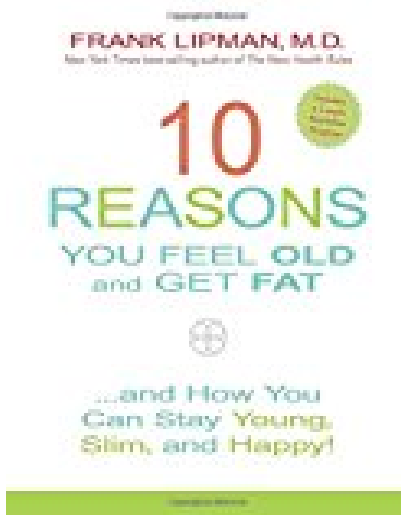


10 Reasons You Feel Old and Get Fat... And How YOU Can Stay Young Slim and Happy!



BOOK DETAILS

- Author : M.D. Frank Lipman
- Pages : 408 Pages
- Publisher : Hay House, Inc.
- Language : English
- ISBN : 1401947573

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BOOK SYNOPSIS

Why is it that we experience weight gain, fatigue, aches and pains, illnesses and memory loss as we get older? And, more importantly, do we have to? These ailments do become more common in our 30s and 40s, but they are by no means inevitable. In fact, we are perfectly capable of remaining slim and vigorous, and our brains can absolutely stay clear and sharp - if we give them what they need. The problem is that most of us don't do that. We don't realize what our bodies need, so we eat the wrong foods, skimp on sleep and deprive our bodies of the movement they crave. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline. In his latest book, Dr Frank Lipman breaks through the common myths and misconceptions surrounding ageing and dieting, and zeroes in on what you need to do in order to feel your very best. He reveals the role of insulin resistance and carbohydrate intolerance, gut and hormonal imbalances, sleep disorders, medications and supplements, and community support on health. Dr Lipman also shares a two-week Revitalize Programme to allow you to feel better than you ever imagined in just 14 days. You will learn: delicious, nutritious recipes to support you along the way handy shopping lists and meal plans simple exercises, meditation practices and restorative yoga sequences information about powerful anti-ageing and digestive supplements and vitamins ...and more! Dr Lipman also offers a lifelong Maintenance Programme, so that after two revitalizing weeks you can continue on your path towards ultimate health and wellness for years to come. This is a book that you'll want to share with your family, friends and all those whose health you care about!

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