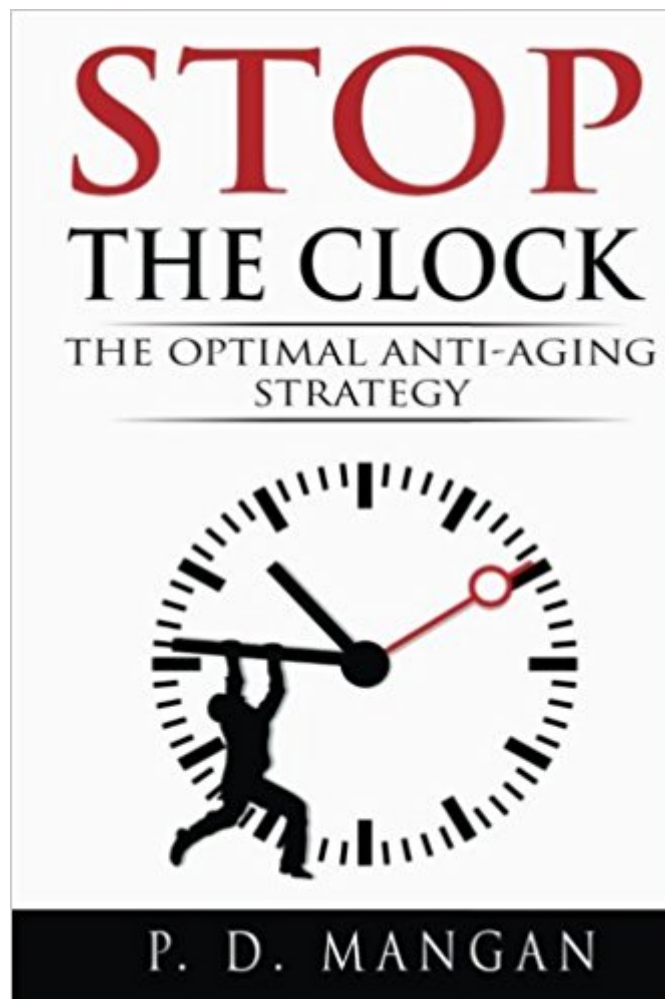




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Stop The Clock: The Optimal Anti-Aging Strategy



Synopsis

Can you really slow or reverse aging? The science of aging has made huge advances in recent years, and has found a number of things that will slow or reverse aging. 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.

Book Information

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Best Sellers Rank: #515,575 in Books (See Top 100 in Books) #112 in Books > Health, Fitness & Dieting > Aging > Longevity

Customer Reviews

I have read a few of this author's books and implemented many of his suggestions to great success. I started taking supplements based on a prior book and noticed a significant increase in my energy, focus, and quality of my sex life. This book looks at a much larger time frame. While many of the suggestions in this book will make you feel better in the short-term, the goal is to increase your chances of living a longer, healthier life. I am convinced that if I could convince my parents to implement these strategies their lives would drastically improve. There is nothing difficult or complicated about the strategies outlined here, they are core, basic ideas surrounding health and exercise. None of them involve large time commitments, in fact, you'd be surprised to learn you don't need to exercise nearly as much as you think to reap the biggest benefit. This book is ahead of its time, give it a read and implement these strategies and you'll be well on your way to a longer, healthier life.

I read a lot of health and fitness but this one was honest, easy to implement and in some cases organized common sense. Thanks for writing this and I have already hit a few of the supplements as suggested and seeing difference.

Great, easy to follow recommendations for and explanations of anti-aging strategies. Everything in here is actionable and the writing is succinct without being too dense or inaccessible. Definitely worth it if you're interested in the topic.

This book presents an easy to read summation of anti-aging best practises. The narrative is logical and the reasoning is sound.

Especially liked the part explaining in plain English why overuse of antioxidants is something to be aware of. the information also confirmed the importance of using fish oil Omega 3 (EPA and DHA) to balance the extreme amounts of Omega 6 the typical American has been subjected to in the average diet via processed foods, and not just as another supplement.

fast readstressed use of or natural means to produce HGH

Im going to live forever

Absolutely recommended, this is a book that gives you a simple and actionable insight into the aging process. State of the art science and no BS, this is a book you won't be able to put down. If you want to hack your body and slow the aging process this is a must read.

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