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Live Longer, Live Younger: The 10-Step Programme to Healthy Ageing

By Rajendra Sharma

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Live Longer, Live Younger: The 10-Step Programme to Healthy Ageing, Rajendra Sharma, This book, by leading integrated health practitioner Dr Rajendra Sharma, explains how we can all slow down the ageing process and lead a healthier and more productive later life by making simple and easy lifestyle changes. He reveals the key principles we can start to follow from day 1 that can prevent the onset of many age-related conditions. Dr Sharma presents the compelling scientific evidence that shows the foods we should avoid and those we should eat more of in order to, for example, reduce the chance of developing arthritis and particular forms of cancer. He shows how perhaps the single most important thing we can do is to undertake regular exercise, and produces eye-opening statistical evidence as well as inspiring case studies based on his clinical work to underscore the point that lives can be turned around, whatever your current state of health. The book then goes on to examine in depth each of the key systems of the body. It provides advice on the investigations that should be performed to ensure health as we age, outlines the nutritional...



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Reviews

Extremely helpful for all class of folks. It is really simplified but excitement from the 50 percent of your ebook. You wont sense monotony at at any moment of your time (that's what catalogs are for about if you check with me).

-- **Prof. Zachary Pollich V**

Complete information! Its such a excellent study. It is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to find out.

-- **Geovanny Grimes**