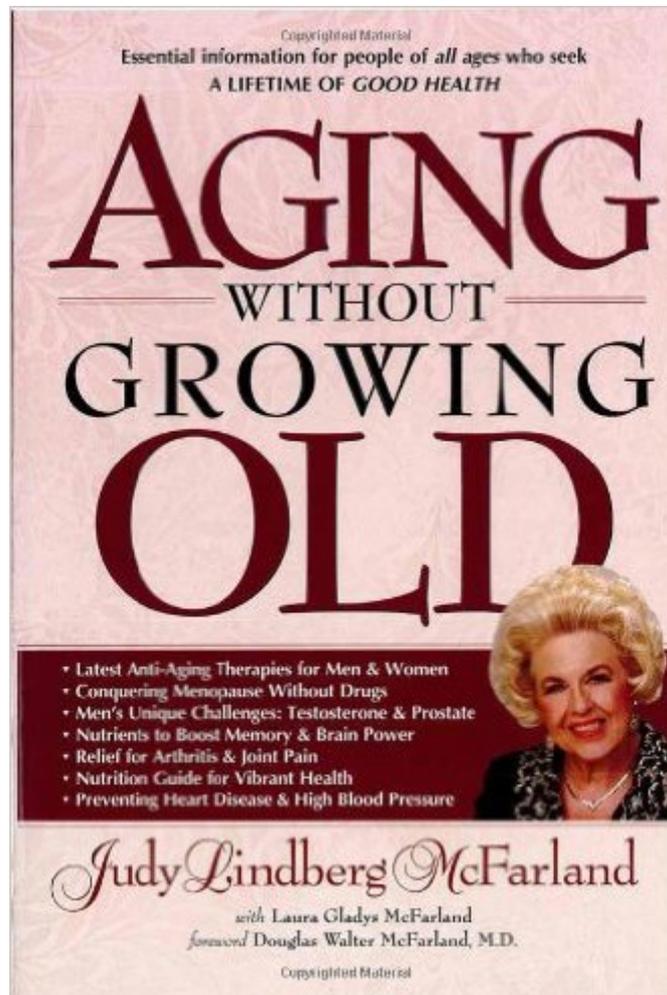


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# Aging Without Growing Old



## Synopsis

"Essential information for people of all ages who seek a lifetime of good health" This is not just a book on aging, but a complete nutrition book that will teach you how to stay well and ac

## Book Information

Paperback: 516 pages

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Product Dimensions: 9.1 x 6.1 x 1.2 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #967,780 in Books (See Top 100 in Books) #89 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #100 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#) #3901 in [Books > Christian Books & Bibles > Christian Living > Self Help](#)

## Customer Reviews

A friend at work recommended this book to me after her sister helped cure her 5-year old son of candida (when Western doctors couldn't). They were never believers in alternative health care, but seeing was believing for them. I just finished reading the book myself, and made a list of all the vitamins/minerals I would need for what ails me. I went to the health food store, where the clerk was genuinely surprised that I had all the correct items listed, along with the correct dosages. This book also gave me suggestions for other books to read, which I have just ordered. The only criticism I have is the title: it seems to have been chosen to "sell" the book. If this book had not been recommended to me, I would never have bought it based on its title. The book has so much more information about working with your body and nature to achieve good health.

From reading the book, it is apparent that this author doesn't just have book knowledge, but has been helping people with nutrition for a long time. It is not a deep, scientific book, but I would say more of a common sense and laymans explanation of what nutritional products work and which don't. Even though its easy to understand, most of the things that I was interested in such as prostate health, did have the references to the studies that documented which herbs help, which I

like instead of just anecdotal information. I passed along the book to a friend who recently had an angiogram, since there is a good chapter on heart disease and how to minimize it once you have it.

after only a few pages, i already new that this book is a holly- book on this subject.it covers all the aspects and diseases of getting old, and scientific works from the top science- researchers around the world, together with the world's greatest natural healers are exploring in a wonderful and easy to understand way of expression.linus-pauling, michael weiner, julian-whitacker,adelle-davis, and much much more brilliant healers are quatated in this book with recieps, suplements, and specific strategy. case histories are also presented in this book, and this book is for everybody who wish to:aging without growing old!stop reading recomandations,-buy this book today.

The author comes off as compassionate and refreshingly savvy. I think I'll keep this book around for a while and I'm grateful I ound it virtually new for one penny. The advice is priceless therein and I recommend it for men and women, and all ages.

Without the information in this book, I would have been taking antibiotics for 15 years to alleviate major skin and scalp conditions. This was the answer to my problem from both general practitioners and medical specialists! Never once was I tested for stomach acid levels - in Aging Without Growing Old, I came across my exact symptoms, headed off to a health food store and purchased a digestive product with hydrochloric acid and two weeks later - positive results. Still taking the digestive tablets. That was 10 years ago - I am often complimented on my great skin condition. I have taken on board much more advice from this fantastic book and am really AGING WITHOUT GROWING OLD!! I have just purchased two more copies of the book to give to friends. GREAT BOOK, GREAT ADVICE. RECOMMENDED HIGHLY. TAKE RESPONSIBILITY FOR YOUR HEALTH - YOU'LL BE GLAD YOU DID.

I actually ordered this for my sister. We're both health conscious and getting older. It was very informative even though I already knew a lot of the info (been living like this for years). It arrived with the packaging torn, but the book was not damaged and I couldn't say anything negative about the price. Thanks for being there for all of us out here. Appreciate you.

Having read books, magazines, articles on herbs and supplements for years, this one is outstanding. It truly represents years of experience, both from the author and her mother. I have

great respect for Judy McFarland's vast knowledge about vitamins and herbs, and refer to it frequently as a resource for myself, friends, relatives. Her work exceeds the normal researching to write a book; she's lived it. You can't go wrong with this wonderful handbook.

I'm only in my 20s, but I bought the book because I have the desire to expand my knowledge on nutrition and who better knows about the subject of nutrition than the expert - Judy Lindberg McFarland. The book is truly an excellent resource on achieving optimum health and its packed with detailed information on vitamins, minerals, herbs, antioxidants, building immunity, brain nutrients, protecting the heart, lowering blood pressure, thyroid, arthritis, men's and women's hormonal needs, menopause and preventing a variety of illnesses. Judy McFarland refers to a lot of scientific and medical studies throughout the book. At the end, the author provides you with the famous "Complete Lindberg Nutrition Program", which emphasizes on eating healthy by choosing organic, fresh and less processed foods, avoiding refined carbs, protein, taking vitamins, exercising, etc. For price of the book, you can't beat the valuable information you will gain. This is worth reading. Highly recommended!

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