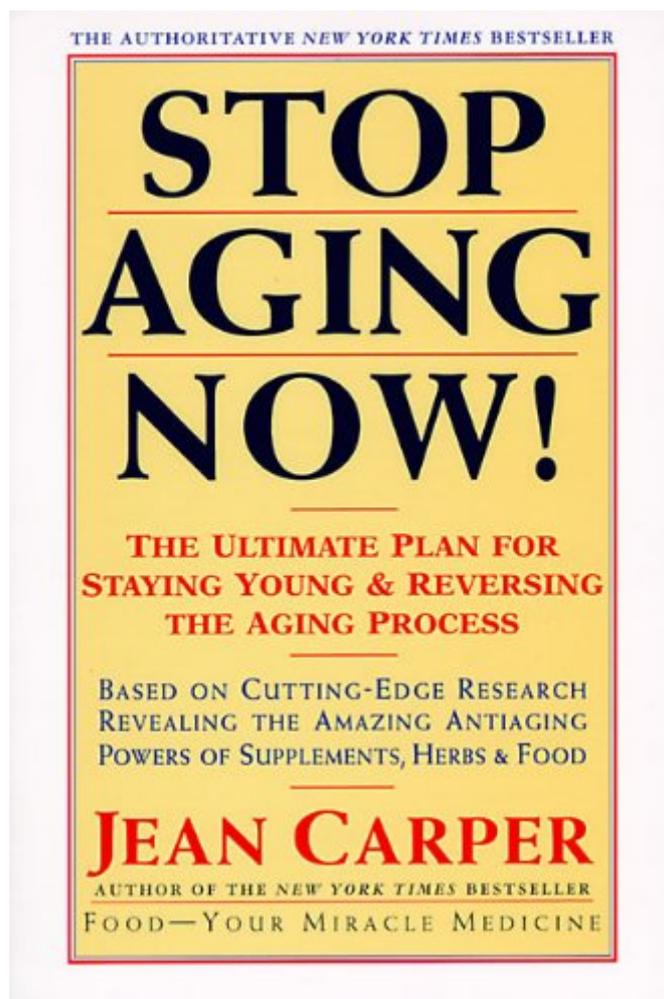


The book was found

Stop Aging Now!: Ultimate Plan For Staying Young And Reversing The Aging Process, The



Synopsis

In *Stop Aging Now!*, Jean Carper -- winner of the 1995 Excellence in Journalism Award from the American Aging Association (the nation's leading group of scientists investigating the biomedical aspects of aging), nationally syndicated columnist and leading authority on health and nutrition -- documents how antioxidant vitamins, minerals, herbs and food chemicals are the magic youth potions humans have been seeking for centuries. Based on exciting new scientific findings from leading institutions, *Stop Aging Now!* reveals the stunning truth: Much of what we call aging is not inevitable, but is needless and can be prevented and reversed to a startling degree by supplements and foods. Indeed, aging is often due to unsuspected deficiencies that can be readily corrected, and even people in their sixties, seventies and eighties can turn back the clock and recover their youth. Leading scientists have found that: Vitamins can prevent and reverse memory loss and other signs of aging. Vitamins and minerals can rejuvenate immune functions, restoring youthful resistance to infections and cancer. Antioxidants in foods and supplements can help prevent clogged arteries, heart attacks and general bodily deterioration. Many unfamiliar but readily available food chemicals can prolong life and preserve your vitality.

Book Information

File Size: 528 KB

Print Length: 386 pages

Page Numbers Source ISBN: 0060985003

Publisher: HarperCollins e-books; 894th ed. edition (June 23, 2009)

Publication Date: June 30, 2009

Sold by:Â Digital Services LLC

Language: English

ASIN: B002EBDPEG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #186,033 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #17

inÂ Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #195 inÂ Books > Arts & Photography > Architecture > Urban & Land Use Planning #370 inÂ Books > Arts &

Customer Reviews

The most important question this book answered for me, was why should someone who eats a sound diet take supplements. I was surprised to learn that, because of all the toxins and stress we are exposed to, a healthy person who doesn't take supplements still runs the risk of getting cancer, cataracts, and other degenerative diseases. The first part of the book deals with the supplements you need to take. The author covers the findings, the dosage and the form you should take. She also discusses 'how much is too much' for each supplement. Then she advises you which foods to avoid (too much iron can make you age, too!) and why. 12 supplements are covered, and three are essential(vitamins E, C and beta carotene), according to the author's research. 5 anti-aging foods are discussed, as well. Even if you are already a cancer patient or aging, the findings indicate that you can reverse the damage, with time. The book was very easy to understand, and fun to read, if you are into improving your health.

I have followed many of the advices of this book for about one and a half year and I have never felt so energetic ! And people around me can notice it ! My copy of "Stop ageing now " has been translated into Norwegian. Most Norwegians (including me) unfortunately are quite conservative to supplements and health foods . This book changed my mind . My immune system collapsed after I had my first child three years ago.(I was 28 then) I had lots of virus - infections non - stop for about one year. The doctors did not give any good advices and did not take this seriously. When I read this book I decided to go for the good advices and after a few months things started to change. I got lots of energy. My skin looks good, it never feels dry (I dont need so much body lotion). I have only had two small virus - infections this year and that is a personal best. I do not need so much sleep as before and I seldom feel really tired and exhausted.The bags under my eyes are gone.I thought I would have to cope with them for the rest of my life. could have mentioned a lot more, but all I can say is : Don't miss this opportunity to stay healthy. The advices in the book comes from experts . Do not stop visiting your doc.though , and have a healthy future ! PS. I`m still to young to know if I will stay young. I`ll write again in about 20 years and give a report.

I love this book so much. It's full of information the average person can easily put to use every day. It's written in a way that's straight-forward and easy to understand. You can just zip right through it without falling asleep. Let's face it, nobody is reading this book for the entertainment value. Jean

Carper's style is right on the mark, just give the information in a simple way, never long-winded. There is something in here for everyone. Even a couch potato could read this book, basically stay a couch potato, but still get something out of this book if they follow some of the advice in here. There are no gimmicks in here, just practical information you can put to good use every day.

In *STOP AGING NOW*, Jean Carper uses the free radical theory to optimize health. Most of her book theorizes that taking supplements like vitamins E, B, and C, with minerals like zinc, calcium, magnesium, selenium, mixed with other potent antioxidants like CoQ10 will combine synergistically to reduce--but not stop--the aging process. Carper is quite right as far as she goes, but she wrote this book in 1995, and there have been considerable advances in life advancement that were either unknown or simply untested then. I cannot fault her for her lack of prescience in not knowing about other and far more potent supplements to postpone aging: DHEA, Acetyl L-Carnitine, pregnenolone, carnosine, resveratrol, lycopene, alpha lipoic acid, grapeseed extract, N-Acetyl-Cysteine, green tea extract, and curcumin to name a few. My primary objection to Carper is her passive methodology. If you take a dozen or so pills, you will benefit. What she leaves out is what must have been apparent even as she was writing *STOP AGING NOW*, namely the impact that a toxic-filled world has on human beings. Nowhere does she address the existence of toxins, and unless one acknowledges that toxins in the air we breathe, the food we eat, the water we drink, and the chemicals with which we surround ourselves, then the overall benefit of her pill methodology is greatly reduced. There are numerous texts that address this concern. One might look at Kevin Trudeau's *NATURAL CURES* for a sampler. Still, for a first text on anti-aging, *STOP AGING NOW* is a good place to begin even if the title is seen as mostly hype and blurb.

I would have never believed a vitamin/mineral book would be so interesting that I had trouble putting it down. It's all here in easy to understand language. The book is broken down into chapters for vitamins and minerals this author (as well as others) feels are the most important to take. Each chapter has supporting information so you can make informed decisions. I purchased one for my father for his birthday as well as a copy for myself. I checked this book out of a library then bought it for future reference.

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