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The 100 Best Ways to Stop Aging and Stay Young : Scientifically Proven Strategies for Taking Years Off Your Body

Julia Maranan

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There is plenty of hype and hoax when it comes to anti-aging and longevity remedies. *The 100 Best Ways to Stop Aging and Stay Young* offers safe, credible, effective strategies backed up by scientific research. 100 simple, action-oriented nutritional, exercise, and lifestyle tips that address all aspects of aging from wrinkles, fatigue, and slowing metabolism to strategies for keeping brain, bones, and heart healthy and strong. Most methods take 10 minutes or less
Examples include:
1) Vitamin C fights wrinkles by feeding skin's supporting structure: collagen and elastin
2) 30 minutes of aerobic exercise a day boosts memory and fights dementia and Alzheimer's
3) Meditation boosts immunity and may head off illness
Unlike other books that have a complicated plan that readers must adopt 100%, this guide gives readers a buffet of nutritional, exercise, and lifestyle options they pick and choose from and integrate into their lives.

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