



Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years

Sara Gottfried

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The *New York Times* bestselling author of *The Hormone Cure* and *The Hormone Reset Diet* shows every woman how to create a lifestyle that will help her look great, feel energized, and slow down the effects of aging.

Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you.

The body is magnificent but it doesn't come with a lifetime warranty, or an operating manual. You're the result of millions of years of evolution, but many of the adaptations that helped your ancestors survive are now working overtime to accelerate the aging process. The assumption here is that we are our genes and therefore trapped by the past. The good news is that your genetic code—the DNA sequence that is the biochemical basis of heredity—can play a minor role in the way you age.

The scientific reality is that 90 percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT—trained physician Sara Gottfried, M.D. has created a revolutionary 7-week program that empowers us to make the critical choices necessary to not just look young, but also feel young.

Dr. Gottfried identifies and builds this book around the five-key factors that lead to accelerated aging -the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The 7-week program addresses these factors and treats them in an accessible and highly practical protocol and is as follows:

- Feed—Week 1
- Sleep—Week 2
- Move—Week 3
- Release—Week 4
- Expose—Week 5
- Soothe—Week 6
- Think—Week 7

Younger increases not only your lifespan, but also your healthspan. Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days.

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Brad Hawkes:

This Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years book is just not ordinary book, you have after that it the world is in your hands. The benefit you obtain by reading this book is definitely information inside this reserve incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years without we realize teach the one who reading through it become critical in thinking and analyzing. Don't become worry Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years can bring once you are and not make your bag space or bookshelves' turn out to be full because you can have it within your lovely laptop even cell phone. This Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years having very good arrangement in word along with layout, so you will not experience uninterested in reading.

Dawn Hicks:

Spent a free time to be fun activity to do! A lot of people spent their free time with their family, or their particular friends. Usually they doing activity like watching television, about to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the publication untitled Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years can be good book to read. May be it may be best activity to you.

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