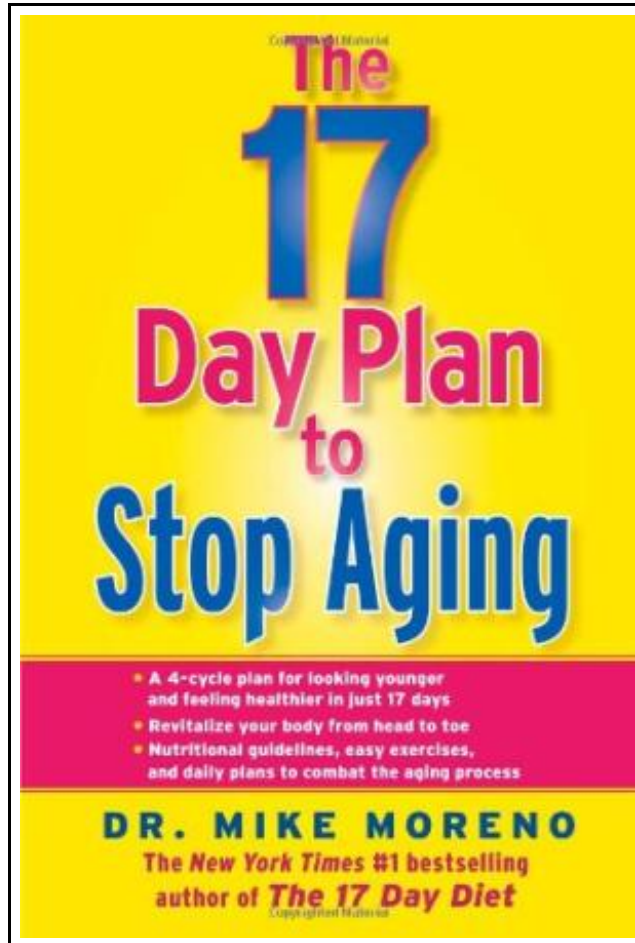


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Free Press, United Kingdom, 2012. Hardback. Book Condition: New. 231 x 157 mm. Language: English . Brand New Book. Every year, every month, every day, every hour, every minute that you are alive, you are getting older. No matter how old you are, your body is undergoing age-related changes that can lead to less energy, painful joints, droopy skin, unsightly wrinkles, and overall declining health. But what if someone told you that getting older and the physical process of aging don t have to be so closely entwined? And what if you had the ability to slow down the aging of your body so much that you could actually live to see, and more important, enjoy your 100th birthday or beyond? From feeling pain in your joints to realizing that your memory isn t what it used to be, our bodies all suffer from wear and tear as we get older. But Dr. Mike Moreno--author of the #1 bestselling sensation The 17 Day Diet --explains that it is totally within your power to prevent and even reverse these symptoms of aging. The 17 Day Plan to Stop Aging is a 4-cycle plan that uses nutrition, physical fitness, and mental exercise to get you ready for longevity. Each cycle focuses on a different set of body parts and offers prescriptive solutions for improving the way those parts function. The plan is set up so that you can target specific areas or work on improving whole-body health at once. From your heart to your lungs, your nervous system to your reproductive system, the book is packed with information about what you can do to start feeling more vital. The 17 Day Plan to Stop Aging puts the power in your hands so you will never have to fear the prospect of old...



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