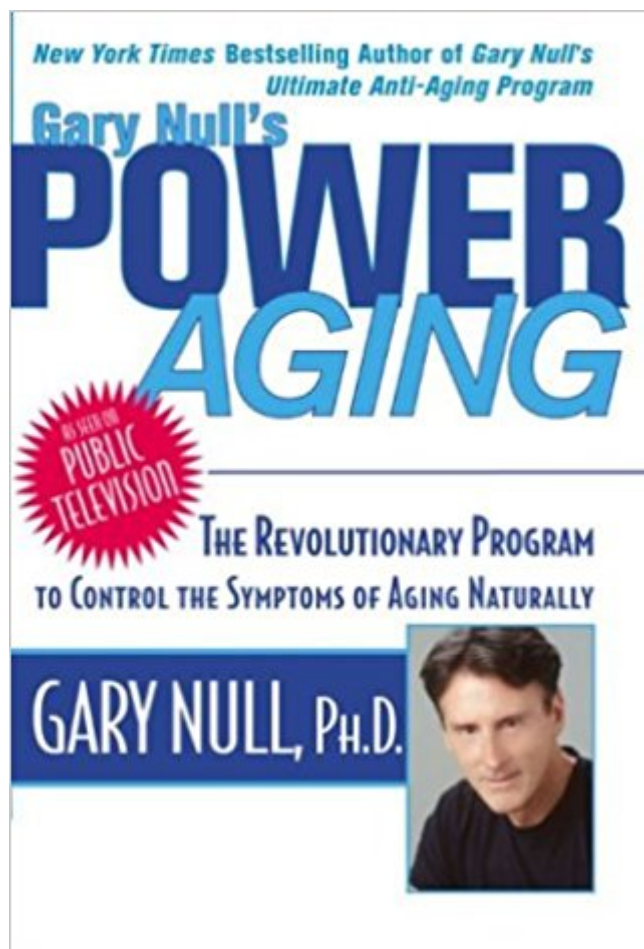


The book was found

Gary Null's Power Aging



Synopsis

Gary Null is one of the founding fathers of the alternative health care movement, whose books, videos, television and radio programs as well as his nutritional supplement line have helped millions of people attain better health and vitality over the last 30 years. Now, he's joining NAL with one of the most exciting books he's published in years-Power Aging. Cutting-edge science is proving in clinical trials for the first time that antioxidants, like vitamin C and beta-carotene, as well as lesser-known substances such as trimethylglycine, can effectively fight the symptoms of aging. We stand at the brink of a new paradigm that will change the very meaning of growing old. Gary Null's Power Aging is a practical guide that anyone in their 40s, 50s, and beyond can use to live a longer, healthier life. Part I explains how our modern environment, as well as our own biological processes, contribute to aging. Part II looks at hormonal keys to health, and shows how they can address specific concerns- from maintaining cardiovascular function, facing the specter of cancer, and staying mentally sharp. Part III puts it all together in a practical way, including a new diet and exercise program.

Book Information

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Customer Reviews

Null, a well-known spokesperson for natural health and aging (Gary Null's Ultimate Anti-Aging Program), offers another volume on how to deal with the physical effects of aging. According to the author's research, illnesses such as cancer, heart disease and degenerative brain conditions are, in part, caused by damage inflicted by free radicals-unstable molecules that impair cells. The bodies' defenses against free radicals are antioxidants that can neutralize the free radicals' effect. In order

to lessen the number of free radicals, Null believes it is necessary to drink pure water, exercise properly, follow a power aging diet and consume a variety of antioxidant vitamins, herbs and minerals that should boost the immune system. Null's exhortations to detoxify the body will sound familiar to devotees, but others may find his program overly stringent and too detailed. The cardiovascular protocol, for example, is quite complex. His diet program (he calls it the non-diet diet) is similar to what he has been recommending for years: strictly avoid red meat, caffeine, sugar, dairy, alcoholic beverages and wheat products. The mainly vegetarian meals (menus are included) that he advocates should be composed of organic products. Copyright 2003 Reed Business Information, Inc.

"If keeping a sound mind and body seems hopeless, chances are you've never heard of Gary Null."
-- New York Daily News (UNKNOWN) --This text refers to an out of print or unavailable edition of this title.

As a seasoned citizen myself (age 80) I much appreciate Mr. Null's helpful advice regarding the negative effects of aging and a recipe on counteracting them. He outlines supplemental regimens, dietary approaches and leading a sensible life style.

very good and Gary Null is excellent in all his lectures, books, dvd's, etc. Can't go wrong with his information.

Love It!

Some of the remedies are helping but we need to always consult with our own health care provider.
Not impressed!

Love the book. Like listening to him as well.

Love Gary Null - you can't go wrong with his products.

The drugs you get through the NHS and by prescription mostly have side-effects, and the effect wears off. The herbal remedies you read about here do not have side-effects, and you can benefit from them indefinitely. Antibiotics now have reduced effectiveness because of MRSA and

clostridium difficile, so if you boost your immune system with herbal remedies, you can protect yourself from infections more easily.

Anyone who knows about Gary Null knows that man is quite knowledgeable and of course his book is full of practical advice on how to live a healthy, long life.

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