



Young for Life

By Diamond, Marilyn/ Schnell, Donald

St Martins Pr, 2013. Hardcover. Book Condition: New. 1. 15.88 x 22.86 cm. "The bestselling coauthor of Fit for Life outlines a program that reverses genetic aging with whole foods, isometric exercise, and a ****tail of essential supplements. One hundred and seventy million Americans are obese. Thirty million are "skinny fat," not outwardly big but inwardly nutrition deficient. The authors of this book, both staunch vegans for decades, were among the "skinny fat." After witnessing accelerated aging, Marilyn Diamond and Dr. Donald "Rock" Schnell transformed their health through a radical lifestyle overhaul that most people over 40 will find easy and intuitive. Young for Life begins with the premise that our bodies are miraculous machines that have the potential for lifelong vitality, sexuality, and youthfulness, and then shows how to reverse the signs of aging through three key life-changing practices: - Whole food nutrition for vital nutrients that combat genetic aging - Convenience exercise--6-second techniques of muscle contraction that are the foundation of shaping sexy muscle anytime, anywhere - Disease prevention--fighting nutrient deficiency with micronutrient supplements"-- Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible...

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