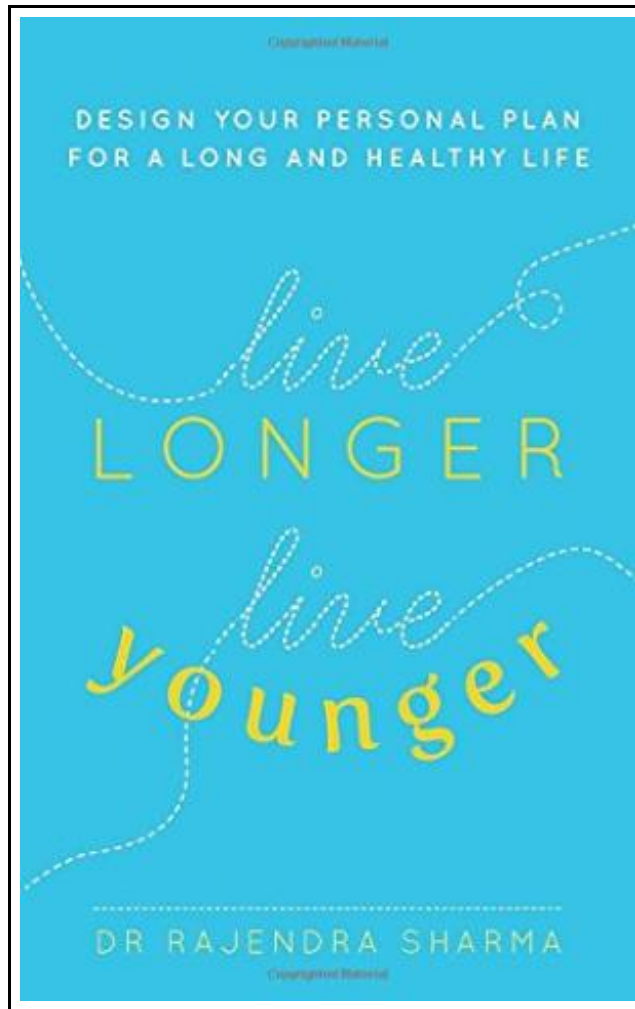


Live Longer, Live Younger: The 10-Step Programme to Healthy Ageing



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LIVE LONGER, LIVE YOUNGER: THE 10-STEP PROGRAMME TO HEALTHY AGEING



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, **Live Longer, Live Younger: The 10-Step Programme to Healthy Ageing**, Rajendra Sharma, This book, by leading integrated health practitioner Dr Rajendra Sharma, explains how we can all slow down the ageing process and lead a healthier and more productive later life by making simple and easy lifestyle changes. He reveals the key principles we can start to follow from day 1 that can prevent the onset of many age-related conditions. Dr Sharma presents the compelling scientific evidence that shows the foods we should avoid and those we should eat more of in order to, for example, reduce the chance of developing arthritis and particular forms of cancer. He shows how perhaps the single most important thing we can do is to undertake regular exercise, and produces eye-opening statistical evidence as well as inspiring case studies based on his clinical work to underscore the point that lives can be turned around, whatever your current state of health. The book then goes on to examine in depth each of the key systems of the body. It provides advice on the investigations that should be performed to ensure health as we age, outlines the nutritional changes specific to assist each system and advises on the particular therapeutic approaches that have been shown to be beneficial. From the cardiovascular system to dementia and neurological problems, and from developing a healthy immune system to maintaining muscular skeletal integrity, Dr Sharma reveals that a healthy, optimally functioning body is within reach of us all. The book also explores the implications of the latest research in genetics and healthy ageing. Inspiring and practical, Dr Sharma proves that ageing need not be a fearful process but something we can approach with positivity, confident that a healthy later life is available...



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