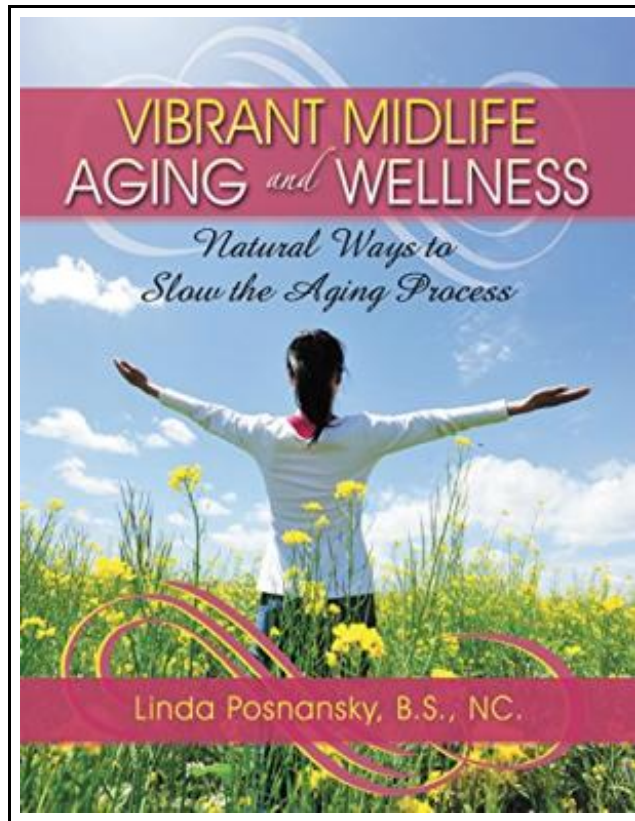


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Linda Posnansky, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Nutrition Consultant Linda Posnansky helps you to take charge of your health by sharing a mind-body approach to quality aging. The book is written as an easy to follow plan to help you to maintain or even regain vibrant health at midlife and beyond, and to prevent age-related diseases such as heart disease, cancer, Alzheimer s, diabetes, arthritis, and osteoporosis etc. Functional assessments (quizzes) are provided to assist you in identifying health areas in need of more focused attention. A template is also included to support you step-by-step in designing your own personalized life-long wellness plan. As you age your nutrient needs increase, and Linda teaches you how to make every bite count by guiding you on how to choose foods with the highest nutritional and antioxidant values. The book also covers advice on exercise, healthy lifestyle habits, and selecting tailored dietary supplements, probiotics and herbs. Linda also supplies useful and easy food substitution and preparation ideas. After implementing the suggestions in this book, you will begin to see and feel dramatic improvements in your energy levels, body composition, skin, mood, memory, pain levels and symptoms. Other areas covered in the book: How to delay the visible signs of aging (wrinkles etc.) How to reduce middle-age weight gain Detoxification, bowel and liver cleansing strategies How to boost your own internal anti-aging antioxidants and hormones How to enhance your cellular batteries (mitochondria) Female hormonal balance: perimenopause/menopause Male hormonal balance and prostate health Thyroid Health How to discover and remedy your unique nutrient insufficiencies How to reduce inflammation and strengthen your immunity How to improve your digestion How to enhance your beneficial bacteria status How to alkalinize your body...



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