



Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock

Steven Masley M.D.

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How would you like to look and feel ten years younger in just ten weeks time?

Studies show that Americans on the whole are aging faster than ever with conditions like diabetes, cancer, and heart disease occurring increasingly earlier on in life—along with everyday age indicators like wrinkles and love handles. Now, Dr. Steven Masley, former medical director of the prestigious Pritikin Longevity Center® and a pioneer in anti-aging medicine, delivers a breakthrough plan to turn back the clock, inside and out—no matter what your age!

Originally featured on the Discovery Channel, the Ten Years Younger Program is designed to combat the roots of accelerated aging. Poor nutrition, toxins in the environment, stress, and exposure to free radicals all make us old before our time, along with a little-known aging culprit: low- and no-carb diets. As Dr. Masley shows, low-carb diets deprive the body of anti-aging phytonutrients and fiber, accelerate osteoporosis, and damage brain cells. So the first secret of turning back time is: Eat your carbs!

Each week, *Ten Years Younger* guides you through an age-busting combination of cutting-edge nutritional choices, relaxation techniques to reduce the aging effects of stress, and simple workouts designed to build lean muscle and trim and tone your body from head to toe. By following the plan for just ten weeks, you will:

- Achieve significant weight loss—up to twenty-five pounds
- Boost your energy levels
- Rejuvenate your skin
- Enhance brain function
- Prevent and reverse the onset of diabetes and heart disease
- Lower your cholesterol and blood pressure
- Improve sexual vitality

With tools to help you assess how your body is really aging, weekly shopping lists and meal plans, and over 100 delicious recipes packed with antioxidants and anti-aging nutrients, *Ten Years Younger* is the healthiest, safest, and fastest way to take off the years—no surgery required!

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The actual book Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock has a lot associated with on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. The author makes some research just before write this book. This kind of book very easy to read you can obtain the point easily after perusing this book.

Sharon Edwards:

In this time globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The health of the world makes the information better to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You can view that now, a lot of publisher that will print many kinds of book. The book that recommended to you personally is Ten Years Younger: The Amazing Ten Week Plan to Look Better, Feel Better, and Turn Back the Clock this reserve consist a lot of the information in the condition of this world now. This book was represented how does the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The actual writer made some analysis when he makes this book. That's why this book suitable all of you.

Mamie Donnelly:

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