



Growing Young: A Doctor's Guide to the NEW Anti-Aging

Marcus L. Gitterle M.D.

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Growing Young: A Doctor's Guide To The *New Anti-Aging*, by physician and health journalist Marcus L. Gitterle, M.D., is about the revolutionary changes that have taken place in Anti-Aging over the past ten years, and how to access those breakthroughs to prevent illness, slow and even reverse the aging process.

This Book Enables Anyone To

- Begin a powerful Anti-Aging program immediately, regardless of your budget, or pre-existing health conditions.
- Access natural hormone balancing methods that do away with the need for controversial, high-priced growth hormone injections, while producing remarkable benefits
- Learn about the recently discovered, secret "switches," inside every human cell, that have been scientifically proven to reverse cellular aging. Activating them is easier than you may think.

DO YOU TAKE SUPPLEMENTS?

- Find out why traditional anti-oxidants don't work
- Quit wasting money on junk supplements
- Powerful and affordable supplements you haven't heard of yet that will revolutionize your health

FIND OUT WHY YOU ARE NOT LOSING WEIGHT

- Nobel Prize winning research shows diet is key to controlling the aging process
- Quit counting calories, while losing up to eight pounds per week, while eating as much as you need to to feel satisfied. The key is simply knowing a few, newly proven rules about food types, and insulin resistance.
- Learn why "insulin-resistance" is a key component of chronic disease risk, even for non-diabetics, and learn simple strategies to say goodbye to this disease causing epidemic forever.
- Understand why the dreaded "Metabolic Syndrome" is a lifestyle choice, plain and simple, and learn how to eliminate this number one risk factor.
- Find out how anyone, using diet alone can build a "firewall" of defense against heart disease and stroke.
- Learn why diet's often labeled as "ultra healthy" are anything but

STAY WITH YOUR OWN, TRUSTED PROVIDER

- Stay with your family doctor, yet obtain anti-aging benefits beyond anything you previously expected.
- Learn why high-priced Anti-Aging clinics have built-in biases that keep them from advocating the simplest, most powerful, natural strategies.
- Learn how to become your own primary care provider's best ally (Hint: she will want to pick your brain and find out exactly how you are becoming so youthful, and why your test results are steadily improving).
- Find out why a powerful Anti-Aging regimen does not require a prescription!
- Be empowered to take control of your own age-reversal program, within one week.

WHAT'S INSIDE GROWING YOUNG: A DOCTOR'S GUIDE TO THE NEW, ANTI-AGING MEDICINE?

- *What Aging Really Is (this will surprise you)*

- Why Aging Is Really 9 Different Things
- The 9 Keys To Age Reversal
- How To Access The *Nine Keys of Age-Reversal* Affordably and Naturally
- How To Track Your Results (*if you are so inclined*)
- The Secrets of Sleep and Aging (they will surprise you)
- The Keys To Anti-Aging Exercise

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From reader reviews:

Christopher Henricks:

This Growing Young: A Doctor's Guide to the NEW Anti-Aging book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book will be information inside this reserve incredible fresh, you will get data which is getting deeper anyone read a lot of information you will get. This kind of Growing Young: A Doctor's Guide to the NEW Anti-Aging without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Growing Young: A Doctor's Guide to the NEW Anti-Aging can bring when you are and not make your tote space or bookshelves' come to be full because you can have it in your lovely laptop even mobile phone. This Growing Young: A Doctor's Guide to the NEW Anti-Aging having fine arrangement in word along with layout, so you will not sense uninterested in reading.

Michael Johnson:

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Henrietta Belcher:

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