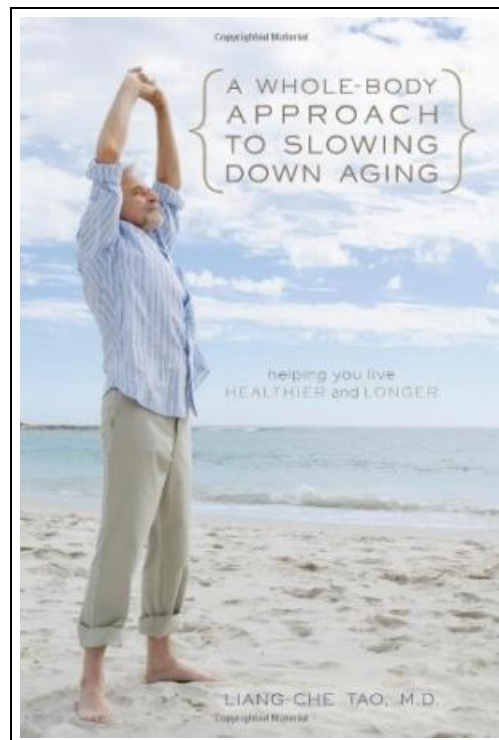


## A Whole-Body Approach to Slowing Down Aging: Helping You Live Healthier and Longer (Paperback)



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iUniverse, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. AGING IS INEVITABLE. It s a complicated process, and each of us experiences it in different ways. It s difficult to pinpoint why one person ages well while another person acts and looks older. In A Whole- Body Approach to Slowing Down Aging, author Dr. Liang-Che Tao presents a self-help guide that works toward protecting your health in your senior years and reducing the risk of age-related diseases. Advocating a practical, whole-body approach, Tao discusses natural and nutritional ways of slowing, and possibly even reversing, the aging process. With the goal of living longer lives in disease-free, healthier bodies, A Whole-Body Approach to Slowing Down Aging helps you understand the primary causes of aging; nutritional needs for optimal immune functions; wise use of antioxidants; basics of cardiovascular disease and how to prevent it; idea that osteoporosis can also be prevented; background of age-related cancer; importance of protecting the brain and keeping it healthy. Life is mortal, and our bodies are designed to last only so long. In A Whole-Body Approach to Slowing Down Aging, Tao shows that with care and maintenance, our bodies will live well beyond their warranties.



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