

Healthy Aging: A Lifelong Guide to Your Well-Being

By Andrew Weil M. D.

Anchor. Paperback. Condition: New. 368 pages. Dimensions: 8.0in. x 5.1in. x 1.0in.In each of his widely acclaimed, best-selling books, Dr. Andrew Weil has been an authoritative and companionable guide through a uniquely effective combination of traditional and nontraditional approaches to health and healthy living. Now he gives us a book about aging that is unlike any other. Drawing on the new science of biogerontology (the biology of aging) as well as on the secrets of healthy longevity diet, activity and attitude Dr. Weil explains that there are a myriad of things we can do to keep our bodies and minds in good working order through all phases of life. Hugely informative, practical, and uplifting, Healthy Aging is infused with the engaging candor and common sense that have made Dr. Weil our most trusted source on healthy living. With detailed information on: - Learning to eat right: Following the anti-inflammatory diet, Dr. Weils guide to the nutritional components of a healthy lifestyle-Separating myth from fact about the would-be elixirs of life extension herbs, hormones, and anti-aging medicines-Learning exercise, breathing and stress-management techniques to benefit your mind and body-Understanding the science behind the aging process-Keeping record of your life lessons to share with...



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