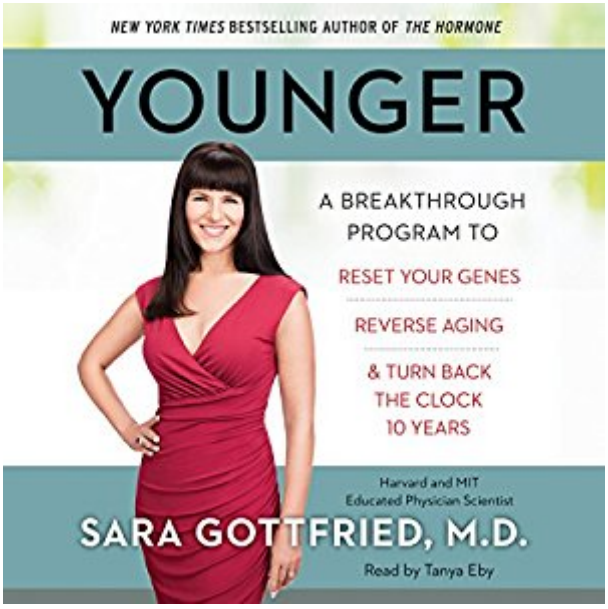
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Younger: A Groundbreaking Program To Reset Your Genes, Reverse Aging, And Turn Back The Clock 10 Years



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Synopsis

The New York Times best-selling author of The Hormone Cure and The Hormone Reset Diet shows every woman how to create a lifestyle that will help her look great, feel energized, and slow down the effects of aging. Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The body is magnificent, but it doesn't come with a lifetime warranty or an operating manual. You're the result of millions of years of evolution, but many of the adaptations that helped your ancestors survive are now working overtime to accelerate the aging process. The assumption here is that we are our genes and therefore trapped by the past. The good news is that your genetic code - the DNA sequence that is the biochemical basis of heredity - can play a minor role in the way you age. The scientific reality is that 90 percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT-trained physician Sara Gottfried, MD, has created a revolutionary seven-week program that empowers us to make the critical choices necessary to not just look young but also feel young. Dr. Gottfried identifies and builds this book around the five key factors that lead to accelerated aging: the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The seven-week program addresses these factors and treats them in an accessible and highly practical protocol, as follows: Feed - Week 1 Sleep - Week 2 Move - Week 3 Release - Week 4 Expose - Week 5 Soothe - Week 6 Think - Week 7 Younger increases not only your life span but also your health span. Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days.

Book Information

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Best Sellers Rank: #19 inÃ Â Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #22

inÃ Â Books > Medical Books > Medicine > Preventive Medicine #126 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

I bought this book expecting tons of good advice on how to get healthier and becoming more fit. The book is easy to read and has a number of suggestions that resonated with me. I'm a healthy eater and like to exercise, so I found a lot of overlap with the author's thinking. And because I'm a scientist, I enjoyed reading about genes and how we can attempt to turn them on and off. My problem with this book is that in the end is very unrealistic. The author has time to do her oil pulling, daily sauna, meditation, quality time with her family and much more because she is rich and obviously does not have an average life. I work full time and couldn't do even 1/100 of what she says. Also, I got a bit tired of reading that she was educated at MIT and Harvard; Dr. Oz is at Columbia, another great university, and I don't care for his advice at all! Lastly, I tried the 30-day green shake challenge. I was disappointed because it did nothing to me. But it did to her, since I purchased the protein powder, the super greens and the extra fiber from her online store. In the end, I felt that she was giving same advice I have read before from other celebrities (i.e.: Mariel Hemingway) but everything here was directed towards making us buy more of her stuff. But the book is entertaining and has some good things. If you are a beginner in this type of advice, you will benefit from it. If you've been eating clean and exercising, perhaps not.

I have worked with Dr. Gottfried for years. Before her books. I can tell you hands down that she is one of the most intelligent, thoughtful, and articulate doctor-writers out there. I am so discerning about all the information out there in the world of fake news and charlatans especially in the health industry. Dr. Sara is the real deal. She is a perfect blend between traditional medicine and cutting edge practices. Now about YOUNGER: I just finished the book and couldn't put it down. I am a health book junkie, but this book is different. It has the science and research in it. Her MIT and Harvard educations are evident. And, that is what distinguishes Dr. Sara from the rest. I am a healthy skeptic but willing participant in all this new functional medical protocol. I've been very interested in exploring my DNA and genetic variants so I can better understand what actions I need to take to put the cards in my favor (epigenetics). YOUNGER is so full of very tangible actions I can take to override my wonky genetics. She is very generous with her research and resources. She spent a lot of time researching and it shows in the book. I also love her humor, humility, and vulnerability in this book. She reveals her own struggles which helped me feel like I'm not the only

one who works so hard daily to just maintain my health in middle age and beyond!

I am still reading this book but I have listen lot of her podcast. Very smart , educating and entertaining

Here is yet another masterpiece of research placed into practical protocols for everyday folks to use in their anti-aging quest. I have followed Dr. Sara from her first book, to this third work. While I noticed 2 negative reviews for this publication, and would not want to use a review forum for argument, I must say that the areas they brought up are bits of nutrition dogma (where many in the field of nutrition find controversy - as a dietitian I am very much aware of and involved in such controversial conversations). This book is much more than a book dealing with diet and recommending specific curative foods (as those two reviews would imply). The book is based on cutting-edge research looking into longevity, nutrigenomics, and how lifestyle medicine can affect our DNA, thus preventing disease and extending our healthspan. It's truly fascinating. When you read this book, you will be given tools for how to design your daily schedule, your plate (and the research is presented free of nutrition dogma), your physical activity routine, your social habits, and even exercises for your brain to keep you young and optimally vibrant and vital for the duration of your long and healthy life. This is a breath of fresh air within the anti-aging scene, which in many cases is inaccessible to the masses (and many times, unrealistic, surface-oriented, and even dangerous). The practices you will learn in Younger will make you feel great, in the present (as evidenced by how folks like myself experienced the pilot program of putting these areas into practice over the course of 8 weeks). You'll feel the difference quickly and you'll be able to see it. So not only will you have the long-term benefits of healthspan - you'll have short term benefits too. It's also just a great read - Dr. Sara knows how to make science fun, intriguing, and even sexy.

Awesome information for anyone looking for ways to live better and avoid the typical afflictions that come with age.

Dr. Sara's newest book is superb. She makes the science of aging and age-prevention easy to understand as she offers inspiring stories about lifestyle shifts that truly maintain health and youthfulness. I appreciate how she shares her own challenges with exercise and weight-maintenance and describes how various body profiles age differently and can tweak their aging/youthfulness maintenance in customized ways. This is an excellent book that is also engaging

and fun to read.

As a high school chemistry teacher, I really enjoyed the details given about the specific genes, what they code for, and how to design your food and lifestyle to enhance the good genes and negate the bad genes. I also enjoyed the format of the book where the science was separated out from the protocol so people could skip ahead if they just want to start with applying the principles, then go back and read the science behind it. I already eat a Paleo diet, but am going to move to a more fish and bean centered diet to see how that works for my body and for weight loss. My healthspan score was above average, but I am dedicated to enacting more of the habits to try to make some further improvements in my health and well being.

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Your Body Into a Fat-Burning Machine (Leptin Resistance, Leptin diet, Hormone Reset Diet, ... all grain, Ketogenic Diet, Atkins Diet) Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adreanl Reset Diet Book 1) Menopause Reset!: Reverse Weight Gain, Speed Fat Loss, and Get Your Body Back in 3 Simple Steps Younger (Thinner) You Diet:Ã Â How Understanding Your Brain Chemistry Can Help You Lose Weight, Reverse Aging, and Fight Disease The Cancer Revolution: A Groundbreaking Program to Reverse and Prevent Cancer

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