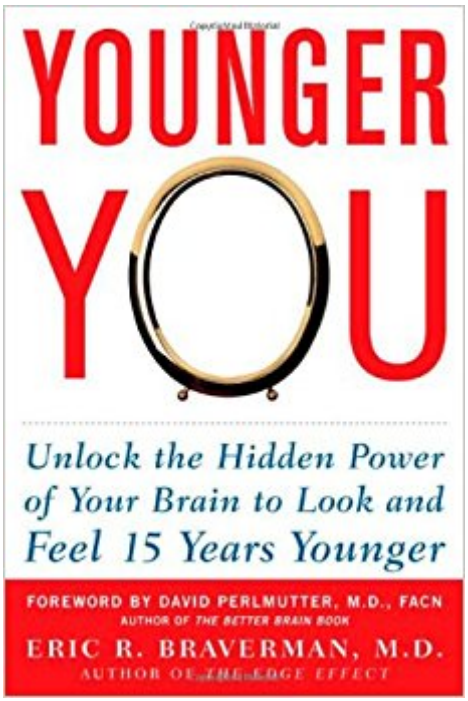
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Younger You



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Synopsis

Break the aging code and feel 15 years youngerÃ¢â ¬â •from the inside out. In the constant battle to stay young and feel fit, we will try any of the quick fixes that come on the market, including so-called miracle products, fad diets, trendy exercise programs, and untested supplements. Many even risk elective surgical procedures just to look young again. But you don't need surgery, pricey cosmetics, or starvation to look and feel 15 years younger. The secret to living a longer, more vibrant life has at last been discovered, and the proverbial fountain of youth is right in your hands. Discover how you can: Get a restful, restorative night's sleep and have energy that lasts all day long Lift your mood by increasing your natural hormone levels Improve your heart health with natural supplements, herbs, and spices Increase your muscle mass, boost your memory, build your bones, save your skin, and much more! Younger You has doctors talking . . . "Younger You is an interesting and logical approach to preventing, diagnosing, and modifying the aging process. . . . Baby boomers will find much in these pages to protect and reassure them.Ã¢â ¬Â• --Isadore Rosenfeld, M.D. Rossi Distinguished Professor of Clinical Medicine, New York Hospital Weil Cornell Medical Center, and author of Live Now, Age Later, Power to the Patient, and Doctor, What Should I Eat? "Focusing on the critical role of hormones produced by the brain, Dr. Braverman outlines a totally integrative program to restore hormonal balance and thereby restore readers to a younger, healthier, and more vital self, regardless of chronological age." --Nicholas Perricone, M.D., FACN Bestselling author of 7 Secrets to Beauty, Health, and Longevity, The Perricone Weight-Loss Diet, The Perricone Promise, The Perricone Prescription, and The Wrinkle Cure "Just as Dr. Braverman says, we are only as young as our oldest part. This book is not just for us, but for our children, who can make changes to their diet and lifestyle now and reap the rewards later." --David Perlmutter, M.D. Director, Perlmutter Health Center and author of The Better Brain Book

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Customer Reviews

Break the aging code and feel 15 years younger--from the inside out.In the constant battle to stay young and feel fit, we will try any of the quick fixes that come on the market, including so-called miracle products, fad diets, trendy exercise programs, and untested supplements. Many even risk elective surgical procedures just to look young again. But you don’t need surgery, pricey cosmetics, or starvation to look and feel 15 years younger. The secret to living a longer, more vibrant life has at last been discovered, and the proverbial fountain of youth is right in your hands."Younger You" shows you step by step how to: Get a restful, restorative night’s sleep and have Improve your mood by increasing your natural hormone levels Help your heart with natural supplements Use herbs and spices to help prevent heart disease Continue to enjoy an active sex life Increase your muscle mass, boost your memory, build your bones, save your skin, and much more!Dr. Eric Braverman, a leading expert in anti-aging medicine, has skillfully combined conventional wisdom with his unique knowledge of the workings of the brain to unravel the mystery of what makes us age and how disease in one area affects the entire body. By identifying the distinct parts of your body that are aging most rapidly, you can crack your own aging code and turn back time. While the aging code is our biological destiny, it can be broken by affectively treating these weakest links. Serious health conditions including heart disease, arthritis, osteoporosis, depression, and even Alzheimer’s disease are no longer inevitable. The more subtle signs and signals of aging can be prolonged and even reversed, so you never have todeal with obesity, wrinkles, age spots, deteriorating strength, diminished libido, or other symptoms of aging. Dr. Braverman gives you all the information you need to break your own aging code and start living a healthier, longer life now."Younger You" has doctors talking . . ."Dr. Braverman zeroes in on a very important concept: the need to keep all organ systems healthy and functional. Most important, he also offers provocative methods for doing just that."--Julian Whitaker, M.D.Founder, Whitaker Wellness Institute and author of "Health & Healing Newsletter""Focusing on the critical role of hormones produced by the brain, Dr. Braverman outlines a totally integrative program to restore hormonal balance and thereby restore readers to a younger, healthier, and more vital self, regardless of chronological age."--Nicholas Perricone, M.D., FACNBestselling author of "7 Secrets to Beauty, Health, and Longevity," "The Perricone Weight-Loss Diet," "The Perricone Promise," "The Perricone Prescription," and "The Wrinkle

Cure""Just as Dr. Braverman says, we are only as young as our oldest part. This book is not just for us, but for our children, who can make changes to their diet and lifestyle now and reap the rewards later."--David Perlmutter, M.D.Director, Perlmutter Health Center and author of "The Better Brain Book"""Younger You" is an interesting and logical approach to preventing, diagnosing, and modifying the aging process. . . . Baby boomers will find much in these pages to protect and reassure them." --Isadore Rosenfeld, M.D.Rossi Distinguished Professor of Clinical Medicine, New York Hospital Weil Cornell Medical Center, and author of "LiveNow, Age Later," "Power to the Patient," and "Doctor, What Should I Eat?" --This text refers to the Paperback edition.

Eric R. Braverman, M.D., is the director of the Place for Achieving Total Health (PATH) Medical Centers in New York and Philadelphia. The author of several books on health, including the bestselling The Edge Effect, he runs a thriving practice in New York City.

I first read Susan Sommer’s book breakthrough. She mentioned and talks with Dr. Eric Braverman in her book, so I ordered his book. Both of these books were so helpful to me to understand what’s going on in my body, what to eat and not eat, changes in my lifestyle for a healther body and mind, and so much more! I made several of the changes they suggested starting 1 year ago, I am thinking better, feeling so much better, excerising easier, happier with the total new me now. oh, I also took off 30 lbs in the process of my changes. I feel and look years younger and everyone tells me the same.

What Dr. Braverman reveals about brain function and how it effects your moods and eating habits is awesome. My whole family took his test and found out where we are deficient and it helped us to know what we need and how herbal teas and correct diet can change our life.

Nothing new here.

Dr. Braverman has written a very important book on how to improve your brain activity. A great book for anyone with memory problems.

great

this is a very boring read. I think I could find better information searching the Internet. not worth the

money.

Lots of good information, just research the recommendations against the Physicians Desk Reference to make surethere are no interactions with your condition/meds.

I am so glad I read this book, I already started to read it again. My only regret is that I did not have this book 10 or 15 years ago.Do yourself a favor and read Dr Braverman's other book SPARK as well. These two books are a MUST if you care about your health.

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