

Durk Pearson and Sandy Shaw

Life Extension

**A
PRACTICAL
SCIENTIFIC
APPROACH**

*Adding Years to
Your Life and Life to
Your Years*

Durk Pearson

Life Extension



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Offers a detailed intro to biological gerontology, discussing methods to extend youth, reverse a few of the results of aging, enhance the mental and physical quality of life, and increase lifespan



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Life Extension Happy, this book is difficult to find. Health Bible The bible on health Five Stars Great Book. And in the very best information of the Contents we read Forewords by Dr. A wealth of information. Four Stars Interesting book. Very happy to have found it! I then found out that not merely were they ideal about most everything but the books still is helping me. and I was therefore happy to have the ability to order for reference today! it got misplaced .!!! One of the greatest books I have read! I read this book in the 80's and it in some way got lost. I purchased it again, to find if Sandy & Besides, I only had the extremely brief reviews to read, however now, after having received and browse the book, I must admit that this was a good purchase, which made. Five Stars Great addition to my library. In the foreword, among other, we go through "This popularly created medical science book serves to major sectors of the reading general public: 1) doctors and their allied medical researchers, and 2) la people concerned with health maintenance". It really is a must read. Absolutely an excellent good book to read, despite the fact that it's many ears because it as released I personally own quite a bit of new books concerning life extension, telomeres, and so on, therefore then speculating about buying this book printed way back in 1982, and without looking inside it, brought me into speculations. I sure wish they might write another right now! Durk was right, as it has been quite sometime since. There are amazing things that I experienced forgotten with their research. I owned it years ago. Harry Demopoulos Component I: Adding Years to our Life and Existence to your Wears 1 Part II: Life Extension Theory and Practice 61 Component III: Improving the standard of Lifestyle in Sickness and Health 159 Part IV: Diet and Life Extension 361 Part V: Your Personalized Life Extension Program 427 Part VI: Appendices, Chapter Notes, and Literature References 529 Consisting of appendix A – L Glossary 783 Index 807 By reading the book, I've learned, discovered, quite a bit of topics. Thank you! and I was so happy to have the ability to order for reference now they were right and were pioneers in this area! I experienced another copy when it initial came out ... Five Stars Great informative encyclopedia at an excellent price!.. Five Stars Most useful single volume to keep your life.



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