

A NATIONAL BESTSELLER

# SHED 10 YEARS IN 10 WEEKS

"Useful...definitive...a guide to living a longer, healthier life." — Marvin Freeman, *Natural Health*

## LOSE

10 Years' Worth of Fat and Gain 10 Years' Worth of Muscle

## ERASE

10 Years' Worth of Wrinkles, Crow's Feet, and Tired, Worn-Out Skin

## SHARPEN

Your Thinking and Regain Your Mental Edge

**JULIAN WHITAKER, M.D.**, author of *Reversing Diabetes*, *Reversing Heart Disease*, and *Reversing Health Risks*

**CAROL COLMAN**, bestselling coauthor of *The Melatonin Miracle* and *The Superperformance Promise*

Julian Whitaker and  
Shed 10 Years in 10 Weeks



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The Elixir of youth is Just 10 Weeks Away! In this book, which includes a sound nutritional diet, cutting-edge supplements, innovative epidermis treatments, an easy-to-follow exercise program, human brain teasers, and more, Dr. Whitaker shows you how to: drop a decade's worth of unwanted fat and regain 10 years' worth of muscles erase fine lines, diminish lines and wrinkles, and restore a youthful glow increase your brain power and sharpen your memory space revitalize and enjoy your sex existence into your 60s, 70s, and beyond strengthen your immune system and prevent disease Predicated on advanced scientific study and the actual experiences of thousands of Dr. Julian Whitaker's own patients, this extraordinary program shows you how to strip away the deterioration of aging.



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Lots of good advice, some unique information This book purports to work with you, O Baby Boomer, to eliminate a decade of aging in only 10 weeks. This reserve has no schematics to create a time machine, rather it's a guide to vitamin supplements, medical issues such as for example sexuality, diabetes and heart disease, how to preserve your mental acuity and much more. I was amazed to find some interesting nuggets of info that, taken together, type a good blueprint for healthful practices. I was thus impressed with the changes brought about by following the regiments in this book that I purchased one each for my parents and my brothers. It must be operating because my clothing don't fit as tightly and my pores and skin looks GREAT. If you are consistent, you will see dramatic changes. You should have lost several pounds, and the people at work will question you what you've been doing with yourself. This is a readable, useful reserve. Easy, Simple Baby Methods That Anyone Can Do Just the chapter on SKINCARE will probably be worth the read. Tag the changes on your own calendar. My recommendation is not to think on the subject of this process as a 10-week long program. My future is currently how God intended me to be from the beginning, an immortal living in a physical body. Unlike additional books, that one leads you into the recommended changes very gradually, so you don't come away after reading it thinking you cannot feasibly remember everything you are supposed to do and give up before sometimes trying. Change from Within or Go Without? Just look at what you would do through the first week. You then look at what's on timetable for the following week when it begins.. This author is not on the low-carb bandwagon (recommends the more usual lower-fat, whole-grain diet) but that is in keeping with such books as "South Beach Diet. We needed quickie evidence that something in this book works, therefore i began your skin treatment first.. Whenever your complexion displays improvement actually after a few days, you'll believe.. And if it takes you 12 weeks or 15 weeks, simply keep doing the program... I sensed it still has precious info so was glad to get it again. Because you see your face every day when you wake up and prior to going to bed, that person is a great place to start seeing changes. I ought to do those other activities in the book. Because the pig-out holiday season is starting up, don't punish yourself if you fall off the wagon. "What's valuable to me are lists of products and what degenerative procedures they help deter, and an over-all plan for good wellness in your middle age and beyond. I'm on week four. Others, such as for example finding products like bilberry to defend against eye problems, aren't so well-known. "Before you realize it, Voila! Grab where you left off. One binge isn't likely to bring about total failure. Etc. We can actually slow down the procedures of aging and invert some of the damage which has already begun. slightly set-back from which you can quickly recover.. It proved helpful for my hubby, and it is working for me. Hmmm.. "Wow. I go through it and today it holds a location in my own medical and healthful living bookcase. Don't look at the whole 10 weeks. What Whitaker and Colman say is that we have two choices: we are able to either accept the aging philosophically, or we can intervene and take steps to help our bodies overcome these new issues.. And we can start before we reach the age of forty, certainly. Some of the habits (quitting smoking) are a given. Certainly an eye-opener and a great way to find out that beauty definitely comes from within (and it's really deeper compared to the skin)! guide to healthy living good book to own.. I make reference to it frequently. Three Stars if you can stay with it! Simply take it 1 day at the same time, in week-long blocks. Following a guidelines and info in this impressive book has and can be making visible shifts in my body system and spiritual, mental outlook in lots of ways. At age 79 I am viewing changes that portend a lifestyle of visual appearance, vigor and vitality for the foreseeable future. Five Stars Great product with fast delivery A very important reference book This is a book I had years back but donated it to library..



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