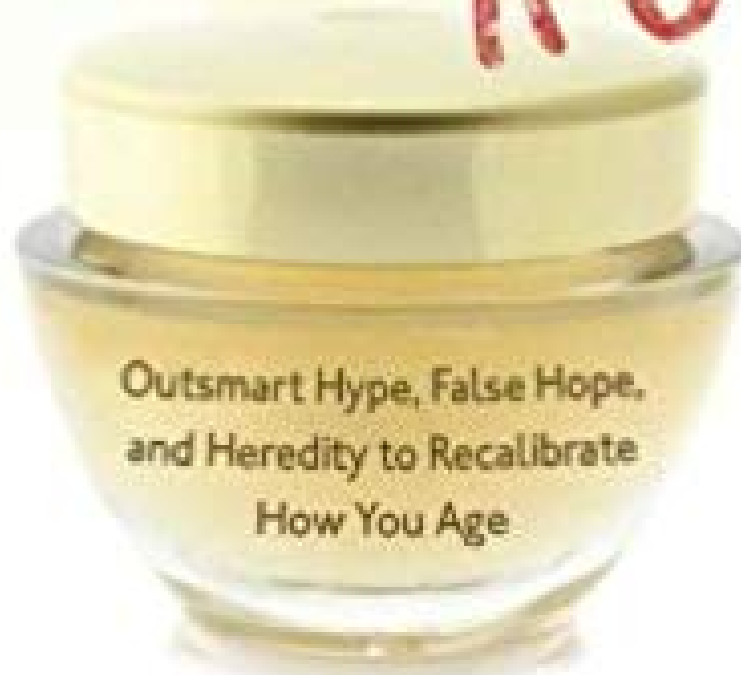


# THE FOUNTAIN OF YOUTH

*Truth*



Outsmart Hype, False Hope,  
and Heredity to Recalibrate  
How You Age

**Are YOU Aging Too Fast?**

**GENIE JAMES, MMSC** with **C.W. RANDOLPH, JR., MD**

*Coauthors: From Pollyanna to Baby Face*

Gene James

The Fountain of Truth: Outsmart Hype, False Hope, and Heredity to  
Recalibrate How You Age



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As a loudspeaker on women's health insurance and the CEO of an internationally recognized anti-aging middle of excellence, Genie James knows all as well well that lots of women are spending too much money, time, and be concerned battling thickening waists, lines and wrinkles, memory loss, and low libido. Besieged by a mountain of anti-aging information and products, James found an excessive amount of it was marketing hype written by researchers with financial ties to businesses touting the elixir of youth. In this eye-opening browse, James doesn't simply tell women how to slow growing older; she offers a groundbreaking approach to change the aging process, securing a much healthier, happier, and more radiant future. But, shift occurs, as they say, and there are some items you can't change, and some stuff that are downright harmful. Medical miracles really do possess the potential to reduce our risk of chronic disease while positively impacting long-term health, sexuality, and longevity, and there are actions you can take to override your genes to age slower, happier, and better. With refreshing candor, case research, and insights about her personal struggles with gravity and greying, James sifts through the most recent science to help females devise a personalized intend to overhaul key areas of wellness, from hormones, heart and breast health, to weight loss, storage, moods, and their sex lives. James shares the nice, the poor, and the ugly.



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Listen up, ladies, there is a new friend you can trust. Fresh.Disclaimer: I've met the writer.Im so thankful that I browse this reserve. Ms James has done the math and brought the latest science, and written beautifully. It'll become a classic. Clear and perceptive explanation of secure hormone therapy that may convince you that it is not absolutely all your fault. Bravo! I Thought I Knew It All I tend to go through everything that I could about subjects that are important to me, so I've go through a great deal on the subject of managing my peri-menopausal symptoms. I thought I'd read everything, but I hadn't. This little gem has given me the missing link.. She and I are nearly the same age and she looks amazing. It is so refreshingly honest, witty (and laugh out loud in locations), and fun to learn, while superbly informative, useful and an excellent resource for all the anti-aging "movement." I was eating well, working out, managing my tension with yoga and meditation. Many books about hormones and other biological functions put me to sleep, however, not this one! The best I've read by far and I've read a whole lot, overview of all areas of health and happiness. A few of the details provided an excellent refresher course - follow mostly "Mediterranean Diet" diet plan, get good sleep, exercise, etc."Fountain of Truth" suggests a straightforward eating plan, called the Belly Flat Plan, and after subsequent it for per month or so, my clothes are fitting me again. I've stopped my Estrogen products (with my doctor's guidance.) I've kicked the sugars habit, and Personally i think better about what I'm placing into my own body. I no more treat my meals such as a sprint competition;If you are struggling with middle aged pounds gain, and in case you are NOT looking for another fad miracle diet, read this book. I love this book! even discovered a few dishes which have swiftly become favorites. I'm learning to decelerate and chew my food. The Fountain of Truth is a compelling, informative book every woman should read. Whether you are simply getting started on the wellness route, or you can't get enough of the latest and greatest wellness information, you will see these simple adjustments easy on your own wallet and calendar and light on your own life. . Inspirational. Be kind to yourself and let this groundbreaking book motivate you to fresh heights - and you will notice how very easily you look better, experience better and live better. Informative. Writer Genie James addresses women's wellness and maturing from a holistic prospective, with all the current research backing her phone calls to action. Approachable In the last few years I've been learning more about our human bodies and how diet plays such an important part of our fitness and aging. Genie James' publication further expands my studying ageing in a most approachable manner. Why wasn't she having around the 10 extra pounds that I'd been struggling to lose? Thank you, Genie, for the enlightenment upon this very important topic. A breath of oxygen Truth! Yep, suppose, I was supposed to chew, not gulp everything down. I wondered, after I met her, "What's she performing that I'm not?" Many thanks Genie James for this treasure that women really can use.



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