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# Prolonging Health

Mastering the **10**  
Factors of Longevity

**J. E. Williams, O.M.D.**

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## **Prolonging Health: Mastering the 10 Factors of Longevity**



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Aging does not have to mean failing physical wellness, declining mental acuity, disease, frailty, and lifestyle in a nursing house. It is possible to extend your good health as you get older utilizing the best of organic medicine. shows that there is no cause you can't live to well over 100 years--enjoying a healthy body even while. Williams presents a useful, 10-point plan to prolong your health by understanding and changing the ten significant reasons of maturing.M.D.In Prolonging Wellness, Dr. Dr. James Williams, O.He displays how exactly to:strengthen your heartrevitalize your brainrebalance your hormonesrepair your DNApresent degenerative diseasedetoxify your cellsavoid insulin resistance This definitive instruction to longevity includes more than 90 self-help tips, a special discussion on "Aging and the Brain," and specific factors for having the best talk about aging with your health-care company.Based on the latest medical results, Dr. Williams, writer of Viral Immunity, says, "A very important factor is certain: the better your health, the longer you will live, and live well."



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A good reference for good health Got this for my husband after he surely got to reading the copy in my doctor's waiting area. He's pleased. We followed his assistance and the "fog " have lifted. Component Two is a practical manual that pieces out the many ways in which we can enhance longevity. He offers perfected it eloquently. "Prolonging Health" is an excellent publication and I continue steadily to use it as a reference and recommend it to those who truly want to prolong their health. Williams is an excellent doctor and a gift from the universe. THIS BOOK OUGHT TO BE REQUIRED FOR FOURTH Quality EDUCATION. Williams for being in my own life. Part One deals with growing older and how exactly to determine one's maturing status. It includes info on why, when and just how we age, plus information on the relevant laboratory assessments. Having serious bacterial infections, uncontrollable angina, his holistic method of medicine, made a new person out of me. This consists of information on how to prevent oxidative damage with anti-oxidants, DNA fix medications, detoxification and cleansing, resetting the insulin change with diet and organic medicines, strengthening the center, combating inflammation, restoring hormonal stability and revitalising the mind. Williams' vast clinical encounters, travels, and relationships that both entertain and exhibit a massive appreciation and understanding of holistic medicine. Fabulous Resource and Guide Dr. Highly suggested for those who desire to take responsibility for their own wellness. It concludes with four appendices, a glossary, bibliography and index. Williams' reserve brings hope and self-confidence to the reader searching for comprehensive info on health and maturing. As I read through the chapters, I found a renewed understanding in my own health. Not only is Prolonging Health an incredible resource, it reads like a novel as he graciously interjects stories and the reasons behind the modifiable elements of longevity."--- Jade Beutler, CEO Lignan Research A MUST READ FOR ANYBODY OVER 50 Dr. The artwork of writing can be a particular skill. When I was more dead than alive, he gave me a fresh vibrant life, active and added enjoyable years to my life. Thank you Dr. It is becoming among my all-time favorites. Maximum Health, Life and Vitality Awaits You "Prolonging Health flows very nicely gently introducing the uninformed reader to brand-new terminology and ideas. This reserve includes a tremendous amount to provide to both lay and professional reader and is usually written in an entertaining style to compel the reader to keep on. I especially just like the sprinkling of Dr. The book contains an abundance of practical advice and the most recent information on nutritional supplements, herbs and natural hormones. This is an exceptionally well-organized book that has a boat load of heart and element. Williams for your commitment to bring this lifestyle changing work to an eager audience. Williams' writing style, both sincere and informational, reflects a simpleness in what exactly are often medically complex issues. EXCELLENT FOURTH GRADE EDUCATION MATERIAL! New Life I am among Dr Williams patients. We was able to reverse the clock. I am active and new life. For those who have a chance to meet up with this brilliant men achieve this. Thank you Dr. Forever Young This is probably the most comprehensive, detailed and thorough tomes on the subject of longevity. Peter Turo age group 51



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