

"Well written, masterfully documented, easy to read,
delightfully digestible, stimulating - very well done!"
- Jay B. Fugard, MD



100 & HEALTHY

*Living Longer with Phytomedicines
from the Republic of Georgia*

W. SHAFFER FOX

W. Shaffer Fox

100 & Healthy: Living Longer with Phytomedicines from the Republic of Georgia



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Before its takeover by Soviet agriculture and Western way of life, the republic of Georgia was well-known for its people of healthy centenarians. Slow disease and fight growing older. Using modern research strategies, author Shaffer Fox thoroughly examines the original Georgian lifestyle, as well as the unique and powerful plant medicines that covered the Georgians from coronary disease, diabetes, arthritis, cancers, brain degenerative disorders, unhappiness, and obesity, among many others. Now, the fascinating facts about Georgian longevity are finally revealed in 100 & HEALTHY. The Georgian longevity paradox was a phenomenon that attracted and mystified researchers for many years. 100 & HEALTHY offers a complete and life-changing description of the Georgian art of living an extended, healthier and younger life.



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Safe Normal Solutions Without Drugs Fabulous information about leading edge dietary support, yet from centuries aged sources straight from the earth! I could not put the reserve down until I was completed and still read parts every once in awhile. This book has an easy-to-understand explanation of plant medications and how they can help us improve our quality of life.! But because of the endnotes, I possibly could verify what Shaffer Fox is wanting to inform the world!. Healthy I found this to be a most informative reserve, well-written and certainly well researched!.so they had to add something back again.....foolish and deadly! Let's study from and stick to Shaffer Fox's research. His internet site and products are the purist manifestation of that research -- great book and great items! It creates science understandable. Has Over 880 Clinical Study References!! What a fascinating book!! possibly could not believe how much detailed information was in this reserve! It was clear to see - and I'm not really in the medical field. Shaffer Fox gives a compelling summary about why many traditional Georgians (a Republic in the former USSR) lived to end up being over 100 and healthy. Many thanks, Shaffer, for the book and the fabulous products to greatly help us have an excellent life! He information all the benefits of the four plants that contributed to the phenomenon and WHY. I recall seeing the commercials for a yogurt company years back about people living for many years and becoming productive into their late 80's. I'm so glad I came across this book. A GREAT READ! feeling better After reading this book,I became intrigued with the authors research. All of his analysis is supported by footnotes for scientific studies which verify the potency of the plant medications. I investigated where I can purchase a few of these wonderful herbal products. Once I began reading, I couldn't put it down!This book was written in an exceedingly clear and understanding manner. Thank you Mr Fox. So many times we are bombarded with "miracle medicines" that we become skeptical of something brand-new. As a person that provides waded through the original prescriptions for common maladies, I was relieved to find there are various ways to handle these ever so regularly diagnosed ills. I was highly impressed with the references to scientific studies and trials! I could look into them online and find that it had been for real. Excellent Option to traditional approaches A personal Thank You to Shaffer Fox! And just why are many labels stating "enriched", or "added vitamin supplements" -- because they refined and prepared the essential nutrients out from the food. This publication was different. This will certainly make a difference in your familys' wellness! I actually had used (with much success) a nutritional item the author of the book developed. Most health books have produced me suffer through chapters of mush in order to learn what might have been written in a magazine content. Listen up, people! This book's 300+ pages is certainly a cornucopia of facts about how our bodies function and how they can last longer. Several web pages in Chapter three slowed me down somewhat, but otherwise the reserve is certainly concise and it provided plenty of new knowledge. The research is certainly documented with over 850 references. Interesting! This is one very good book! This led me to buy a copy of his book to learn more about one of the nutrients I am taking. Excellent Resource - Well Written Years of analysis, clinical studies and end notes get this to book a well-spring of health and knowledge! I under no circumstances thought a health book could be therefore interesting. I've now read it twice, but I still pick out it up and go through a few pages simply for fun. 100 and Healthy is a book that should be read by anyone who is thinking about improving and maintaining their standard of living. Do yourself as well as your loved ones a favor - read this book! This is a very good book! A Must To Read This is a very enjoyable book to read. I highly recommend it to anyone who wants to enhance their health or keep carefully the good health they will have. It's probably the most interesting health books I've ever read. A pleasant surprise - extremely interesting! This book is filled with

interesting details about our bodies, diseases and aging. As someone entering middle age, I have many problems about my health. Very much American food isn't also real meals --- on what trees perform "cheetos" grow? I right now learn about the republic of Georgia, cholesterol, cells, cancer, diabetes, fats people, intestines, diabetes, free of charge radicals, inflammation, how exactly we age group, and how brains obtain screwed up than anyone else on the block. I am 67 years old and also have a chronic back problem, I began using Rhododendron Caucasicum and am right now taking pleasure in a pain free existemce. 100 AND HEALTHY BEST BOOK I HAVE READ ON THE MAIN TOPIC OF ANTI AGING BOOK IS FILLED UP WITH More than 800 DOCUMENTED SCIENTIFIC DOCUMENTATIONS POWERFUL ARNIE STROM 100 &. I was so impressed, I searched out a few of the products and have discovered them to be amazing. We are in need of more books of the nature. Everything concerning this book was a very pleasant surprise.. In this publication, he explores actually the ancient historical references to the "longevity paradox". Awesome information to stay Healthy Awesome book with references and resources given. Very easy to examine for the average individual. Everyone needs to read this to learn how to provide natural entire food nutrition that none folks gets from our "foods".



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