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THE MOST  
EFFECTIVE WAYS TO **Live**  
**LONGER**



THE SURPRISING, UNBIASED TRUTH ABOUT WHAT YOU SHOULD DO TO PREVENT  
DISEASE, FEEL GREAT, AND HAVE OPTIMUM HEALTH AND LONGEVITY

"This book is loaded with fantastic, life-enhancing information. I highly recommend it."

—Christiane Northrup, M.D., author of *The Sacred Pleasures of Menopause*, *The Wisdom of Menopause*, *Women's Bodies, Women's Wisdom*, and *Mother-Daughter Wisdom*

**Jonny Bowden, Ph.D., C.N.S.**

Best-selling author of *The 100 Healthiest Foods on Earth* and *The 100 Ways to Boost Your Energy*



Jonny Bowden

The Most Effective Ways to Live Longer: The Surprising, Unbiased Truth  
About What You Should Do to Prevent Disease, Feel Great, and Have  
Optimum Health and Longevity



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Author Jonny Bowden looks at what he calls “ In total, readers learn what they are able to eat, do, and try feel great, avoid illness, and live an extended life. He examines the way the major organs, such as the heart and the mind, age and ways to prevent damage to these vital parts of the body.free of charge radicals, inflammation, glycation, and stress—and shows how they can harm your health and shorten your life. Bowden after that unveils an arsenal of anti-aging strategies culled from leading edge study and lessons discovered from the longest lived people on earth.—The Four Horsemen of Aging”



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Five Stars Great, informative and motivating book Five Stars Sound and well located in current scientific research. Five Stars outstanding book for folks thinking about health and nutrition. Must read: Holistic view of healthy living Many are specialists in a field. Sleep<sup>6</sup>. Stress reduction<sup>7</sup>! The book is filled with pictures of retired people enjoying life whereas this book really addresses everyone at every age group. Bowden himself writes that it's not about how very long we live but that we live a wholesome, happy life for as long as possible. Seriously! A synopsis of the content: The 4 Horsemen of Aging: 1. Re-enforces details provided from other sources that discuss the very same things. Enjoy his books! Glycation<sup>4</sup>. Stress The Seven Pillars of Longevity: 1. Detoxification<sup>4</sup>. Supplements<sup>3</sup>. Meals<sup>2</sup>. Exercise<sup>5</sup>. Bowden appears to have started in fitness and surely got to diet at some time. He helps to keep a humble position by combining his very own wisdom with the data of specialists within their field. Emotional intelligence His advice: - keep heart in shape- keep brain sharp- protect & that one explained different body systems and function very well. Great Information Great information. and "THE BRAND NEW Whole Foods Encyclopedia - A THOROUGH Resource for Healthy Taking in" by Rebecca Wood Makes perfect sense! Both of these books complement each other and the two complement the "The very best ways to Live Longer". Irritation<sup>3</sup>. The only somewhat negative aspect may be the book's title and the layout: Do not be switched off by the photos. Well written, easy and enjoyable to learn. The New Whole Foods Encyclopedia: A Comprehensive Source for Healthy Eating. I've this and many other of his books. Love the cook books too! Very good book. Excellent book. I've read many alternative health books.. maintain strong bones, muscle tissue and joints- boost your immune system- hormones Emotional Intelligence: The 7 x 3 Matrix of Healthful Aging I would also suggest two additional related books: "The 150 Healthiest Foods On Earth - The Surprising, Unbiased Truth About What You Should Eat and Why" also by Jonny Bowden Would read various other books by this writer. Great addition to my wellness collection. Free Radicals<sup>2</sup>. Such as medical reviews in journals and current and ongoing studies. Jonny Bowden's composing technique is very smooth and easy to understand. I need to be a centenarian 1 day, and I feel well equipped to try my best by using this book. He information the information down and explains what's and why, what should be and why, and what will be and why. Interesting and Important Book About Health and Life Expectancy A very interesting, important and comprehensive book that describes how important food, supplements, lifestyle (physical activity and sleep) along with the social connections influence your wellbeing and life expectancy. Incredible book I checked this publication out from the local library and felt it so useful as a prolonged reference, We ordered a duplicate from Amazon. Im so glad I did so. I am currently learning Biochemistry in a PhD system, and can attest to its scientific soundness. I was also impressed at the available vocabulary he uses to describe sometimes complicated tips. Everyone can reap the benefits of this reserve and it's not too late to start out investing in your health. Doesn't just keep you hanging in what. Reducing the elements of premature aging naturally leads to good health. Another excellent additions to my health collection. Really worth a read. The 150 Healthiest Foods on the planet: The Surprising, Unbiased Truth About What YOU NEED TO Eat and So why Does It CONNECT WITH You Specifically? Hopeful message but I wonder how much of it is supported by solid science to be helpful to many people specifically- like most such books appears like broad and general information- when one thing we know is health techniques need to be tailored to the precise person.



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