
ROCCO MONTA, MD

THE
FOUNTAIN



A DOCTOR'S PRESCRIPTION
TO MAKE
60
THE NEW
30

FOREWORD BY BILL MAHER

Dr. Rocco Monto

The Fountain: A Doctor's Prescription to Make 60 the New 30



[continue reading](#)

Don't Concentrating on the four pillars of research, diet, exercise, and medicine, Dr.'s findings interlace the clinical and the cultural and suggest that simple options provide profound outcomes. Everyone wants to feel fitter, sexier, more energetic, more productive, and younger—but imagine if the solutions were currently here? What if there were already ways to ease the unwanted effects of aging and stop diabetes, heart disease, cancer, Parkinson's? Because the publication blends fascinating tales with new research findings, illustrations, infographics, and special interviews, in addition, it educates you on how aging actually works and practical methods to hack the system. s disease from ever starting? Imagine if we could translate all of the exotic science and analysis breakthroughs of today right into a practical plan which could help us win the war on ageing? The Fountain is a sensible, comprehensive, and scientifically based anti-aging guide filled with essential information. s the reality: We can. Right here' With actionable suggestions, biting humor, and savvy insight, Dr. Rocco Monto, a top national health professional and board-certified orthopedic cosmetic surgeon, clarifies why we age group so poorly now and how the latest breakthroughs in technology and medicine can help modification this. t simply live longer— Debunking long-held diet plan and fitness myths while highlighting secure, effective therapies backed by cutting-edge research, Dr. live better! Monto' Monto includes the diet, supplements, exercise, mental schooling, and new medicines to help people live longer, happier, healthier, and even more productive lives. Much more than a compilation of longevity study, The Fountain is an essential toolkit which will redesign lifestyles and permanently transform the way we look at maturing. s disease, and Alzheimer'



[continue reading](#)

Great book for anybody wanting to live better. Everybody knows that eating correct and exercise is essential. I really enjoyed this book. however the author does a great job of slicing through the conflicting info that people have all find out about living healthily... Dr. Nothing at all original. He is able to talk about the research behind on why various things function or don't. He discusses different fad diets (all proteins or no gluten) in detail and talks about the benefits of different exercises (operating, yoga, Pilates, weight training exercise). He also tells why specific things in our diet are causing us issues (sweeteners and high-fructose sugars). Monto shares an impressive amount of scientific evidence to aid his wellness roadmap, which boils right down to several practical, proven, easy to follow lessons made to help people live not just longer, but better. Dr. This book will help anyone who's trying to live better to develop an improved idea on how to go about achieving that goal. Thanks! Impressive and Insightful - Highly Recommend In The Fountain, Dr. I particular like the stories that he tells to illustrate his points.Easy to understand." I liked that message, learned a lot out of this book, and highly recommend it.. Monto's, which publication captures his spirit and insight. Strongly suggested for all ages, this is a prescription for a sensible and long life. Quantity vs quality... Extremely well researched, Dr Monto writes with intellect, humor, honesty, and a beckoning style that invites one to move about and read the next fascinating fact and chapter. Fabulous Book Excellent Publication- Gave me some excellent things to think about. Loved the book Loved the book! Monto is completely amazing, he set my ankle back in 2005 with not sergury I recovered very well therefore grateful to him which book is wonderful wonderful please the worthiness is nothing for what you would get . "In the end," he writes, "quality of lifestyle trumps longevity. Written with humor. Disappointing Disappointing. A assortment of facts from various other people's studies. Monto does a deep dive into eating right and how to exercise and lets you know how exactly to do each properly. Nothing at all groundbreaking. I don't write book evaluations but this would have to be out right now there. You can't collect other people's research, do no leg function of your and title the book the fountain insinuating you've found the fountain of youth. Book publishers listen to a catchy title and bankroll a publication without the substance while you can find true pioneers overshadowed by individuals who merely present their function to the masses. Toss in a forward by a tv personality who knows nothing about health and fitness and you men got me to pay out \$20 and eliminate 6 hours of my, no more because of this book, life. Monto is completely amazing, he fixed my ankle back in 2005 with . A Prescription for Life I have the good fortune to become a individual of Dr.. I took a whole lot out of this book and will be using a large amount of his advise. Practical knowledge about how to stay in the best of health as we grow older.



[continue reading](#)

download free The Fountain: A Doctor's Prescription to Make 60 the New 30 epub

download free The Fountain: A Doctor's Prescription to Make 60 the New 30 txt

[download Runner's World How to Make Yourself Poop: And 999 Other Tips All Runners Should Know pdf](#)

[download Run Fast. Cook Fast. Eat Slow.: Quick-Fix Recipes for Hungry Athletes pdf](#)

[download free The Anxiety Journal: Exercises to Soothe Stress and Eliminate Anxiety Wherever You Are ebook](#)