

FOREWORD BY PHIL ROMANO

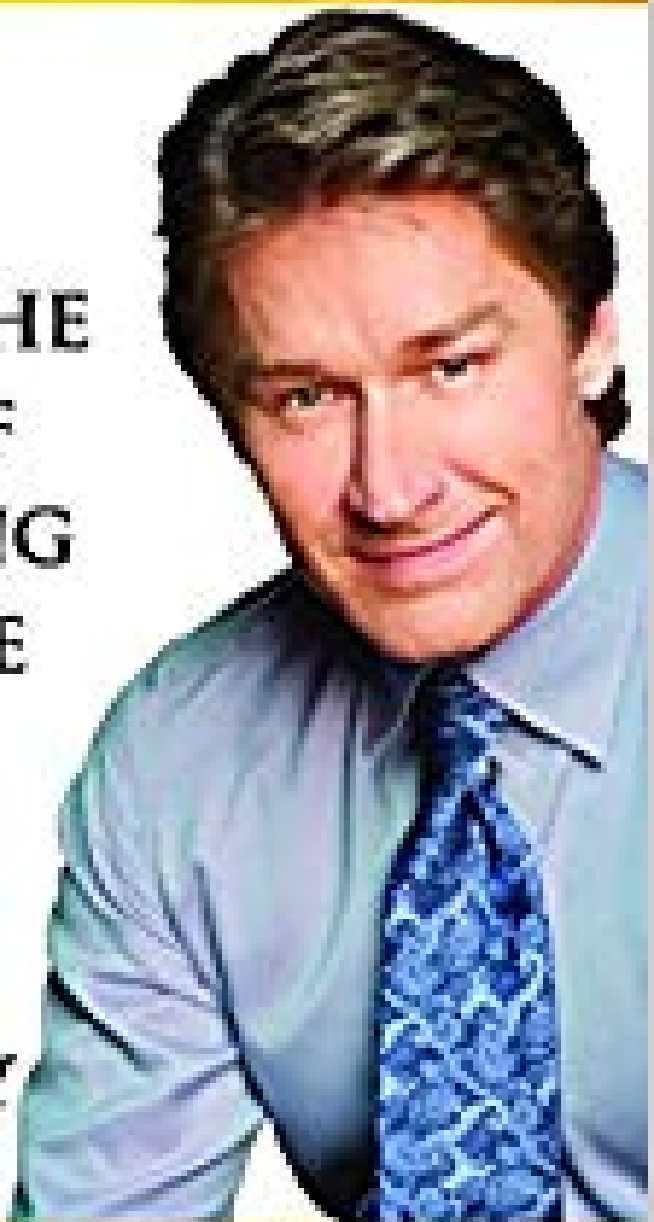
OutSmart AGING

9 ANTI-AGING SECRETS THAT WILL CHANGE YOUR LIFE

HARNESS THE
POWER OF
ANTI-AGING
MEDICINE

America's Anti-Aging Doctor

DR. KEVIN
LIGHT



SCIENTIFICALLY PROVEN METHODS
TOWARD A BETTER, HEALTHIER YOU

Dr. Kevin Light

OutSmart Aging: 9 Anti Aging Secrets That Will Change Your Life



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In this groundbreaking book, Dr. Are you convinced a bad center, feeble mind, being overweight or even cancer are lurking in your future? Over the last a decade there's been an avalanche of hard research showing us how we 'shoot ourselves in the foot' with our lifestyle. The majority of the chronic diseases we acquire with age are due to poor choices. News flash! Kevin Light manuals you through the crucial steps you should help OutSmart Ageing and live a fuller, healthier life. New medical science today shows us an easier way and has sparked a revolution in 'health' care. Have you surrendered to the theory that everyone begins to break apart after 50? That means follows: We've control over our health and wellness destiny. His effective strategies include: Replacing tired or lacking hormones with bio-identical hormone therapy Taming tension to relax and live much longer Discovering the magic of rest – and how to find it Learning 'defensive eating' in a world of killer foods Keeping fit the right method in less than 1 hour a day Using the power of genetics and stem cells to correct and rejuvenate Why not choose wellness? If you need to learn methods to keep your brain, body and soul intact for a long time to come, after that OutSmart Aging is for you. There is absolutely no time just like the present – can get on an improved, smarter path today.



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Things you do not know are happening for you Very interesting and clearly written so that you can understand why you should even care! I enjoyed this book and present it 5 stars!! Light is the greatest! Thanks Kevin, in advance, for your help in making a difference.! Many people struggle with wanting to maintain good health and an excellent sense of energy as they age and as they navigate through their hectic contemporary life styles. I recommend this book I highly recommend this book. A distinctive contribution to the Health literature. I actually finished my signed duplicate of "Outsmart Aging", delighted with Dr. Kevin Light's approach to this universal problem. I will be 83 in a few weeks, am still practicing medicine, and hope to tap into Kevin's recipe for a longer and healthier existence. This book has a unique characteristic seldom seen in identical publications. I sincerely wish we see shifts in medicine in the future that address a few of the issues he highlights around treating people to be healthy, rather than providing pills to resolve symptoms as this will generate an unsustainable medical price as the population increases in the over age 65 population in coming years. The reserve is written for both the typical layperson and for physicians dedicated to guiding patients to an excellent "later years" The book is less than 200 pages, is extremely well written, and addresses every part of health maintenance from description of the aging process through the significance of good nutrition, dealing with tension, and obtaining adequate rest and exercise. The stresses of life haven't been greater ever sold than they're today. I was surprised to find that by the end of the book, beneath the heading of , "For more information" are 125 references to the medical literature for those who are academically inclined. Light's book "Outsmart Aging" and discover it very useful. Gitterle's book, "Growing Small" is the greatest book on the subject of anti aging, this one was just Alright. Mid 40's here and I am going to place this on the must examine each year to master the direction given. He provides good understandable description of hormones and the functions they play . He briefly touches on getting the thyroid and adrenal glands all working right and how exactly to perform it. Light has created a book that is designed to help clarify what wellness tools are available for anyone desiring to optimize their quality of life. The whole book is written in an exceedingly personal way with some humor sprinkled in to make it pleasant reading. It's essential read if you need to get over chronic lifelong complications and optimize your wellbeing. Turns out that common sense ain't so common!Martha H. Many people have a problem with trying to maintain a healthy body and a good sense of energy as they .. It should become a typical read for everyone. "Growing Little" is the greatest book about anti aging Dr. The subject of hormones and vitamins is talked about, and for those whose interests are above and beyond, there is a chapter on stem cells and genetics. I would recommend it to anyone who's aging with questions. He covers dealing with tension, why it's critical to really get your blood sugar levels under control and even presents strategies on how best to eat right and why this country is usually having such a hard time with it. His book is a very important asset for anybody desiring maximal health in our modern society. He understands and articulates the real causes of maturing and how easy it really is to sluggish down the procedure. Light's book belongs in everyone's library and I recommend it to anyone thinking about taking control of the health areas of their lives. This reserve can serve as a very useful resource to help individuals understand the biochemistry of their bodies also to understand what hormones, vitamins, foods, psychological tools, exercise, and dietary supplements might be beneficial to maintain good health throughout a person's existence. He has resolved many scientific areas of maturing and disease and he gives a very practical approach to combating and stopping both. His information can be valuable and truly existence changing.. It must be a standard read for everyone I read Dr. Light's reserve "Outsmart Aging" and discover it very useful.. It is a quick examine with a lot of good information for men and women. The writer, throughout, presents scientific references from major medical journals to aid his views. Very great book for all age groups. Useful Information. Brilliant..! Dr. Light's publication OutSmart Aging touches on so many things that put on us down – inside and out! Many factors behind accelerated aging grow to be self – induced. Another method to say this: we have control over many aspects of how well we age group and how healthful we stay. It's a choice. I was also surprised at the amount of things that impact us. You don't have to look and feel old!! Really... I really like how Kevin not merely brings to our attention choices we should be making with our bodies and our health. But Kevin gives us some depth to better understand how to apply these to our own lives. It explains why balancing hormones is indeed important for your overall health along with feeling younger.! Great book! Dr. :)! This publication is crucial read. Dr. Most of all, he lives what he teaches! Questions on ageing it's

essential read! DR Lights publication was an easy read and discussed key points with tips on how to end the clock. Dr. I'll pass it to my friends and family. The detailed info offers helped me to sleep better and be more alert to my practices. He warns against artificial hormones and just why bioidentical hrt is so much better for you... In his book "OutSmart Aging", Dr. Light offers a fairly extensive wellness plan to improve a person's quality of life. He provides good understandable description of hormones and the roles they play in overall health as people age group. I found his insurance of the serious results that 'stress' has on one's quality of life and wellness to be particularly useful. I recommend this book which is filled with good practical details for anti-ageing, and at exactly the same time is definitely easy to read.



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