

THE METABOLIC PLAN

*Stay
Younger
Longer*

Slow the aging process

Increase your strength, stamina, and immunity

Reduce fat and combat cardiovascular disease

Enhance memory and restore your youthful glow

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Stephen Cherniske

The Metabolic Plan: Stay Younger Longer



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the body into adopting the fat burning capacity of a twenty-year-outdated. It sounds like science fiction, however in fact it's cutting-edge science grounded in exciting new research.s all in your grasp.and the quality of our lives—starting today. In short, by pursuing his regime, you can essentially " Definately not giving out due to inevitable deterioration, our body is normally endowed with astonishing powers of renewal, self-restoration, and regeneration. At once revolutionary and eminently useful, this is the book that finally solves the puzzle of ageing. As Cherniske explains, a straightforward adjustment in your metabolism can profoundly alter your energy level, strength and stamina, your body's ability to combat disease, even the strength of your libido and fulfillment.After years of dedicated study and research that took him to six continents, Cherniske has arrived at a fresh paradigm that radically alters our knowledge of the aging process and the human potential for longevity. The Metabolic Program takes you step-by-step through the process of natural rejuvenation.The choice is yours: You can include forty or more vigorous, fulfilling years to your daily life.trick" This is a comprehensive exercise and diet plan specifically tailored to improve antioxidant levels, fight disease, increase muscle mass, reduce extra fat, and enhance storage and vision. Cherniske shares the age-defying properties of such cutting-edge supplements as 7-Keto and debunks myths about acid/alkaline foods. Here too are comprehensive metabolic plans targeted at the various needs of women and men and to every decade of our lives—so we'll know exactly what to spotlight when.Longer life, more energy, improved wellness, a pervasive feeling of well-being: it noises too good to be true, but it' In The Metabolic Program, internationally famous biochemist Stephen Cherniske reveals the medical breakthroughs that enable all of us to extend our lives— The trick to unlocking these powers lies not in genetic tinkering or a high-tech fix, however in outsmarting our mother earth at her own game.From the Hardcover edition.



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A LIFE CHANGING BOOK! I enjoy reading anything that has been compiled by Stephen Cherniske.. I'm buying it for my thirty-something children and my 82 yr. I exercise four or five 5 days weekly, and I consume a whole foods diet. I am very careful about eating correctly, exercising properly, and getting proper sleep. The idea of "free radical" harm and how that triggers most of our diseases is explained. I must say i love the author's passion for what he does and for what he believes in. in the morning, and another 100 in the evening.I wanted so much for this to work because after reading Cherniske's books, I was convinced that it could work. I've been taking it for 40 times, and since that time, my health appears to have declined. Since I am acquiring 7-Keto DHEA, I'm tired ALL OF THE TIME. I have made a decision to end supplementing with 7-Keto DHEA because for factors which will permanently mystify me, it provides actually made me worse, not better. I have nausea, head aches, and I'm urinating much more often than I did so before acquiring 7-Keto DHEA. Cherniske said that it could. But for me, it didn't. I awaken tired (after 8 hours sleep), I go to bed tired, and I'm exhausted ALL DAY LONG.UPDATE:I stand totally corrected. the ultimate understanding of nutrition and aging We have met the writer. I was acquiring too high of a dosage of the progesterone cream. I've scale back to a much smaller dosage of the progesterone cream, and many of these unpleasant symptoms possess disappeared.Concerning 7-Keto DHEA, I've found that for it to perform for me what Cherniske's book says it will do, I have to have a daily dose of 200 mgs. I take 100 mg.My complaint, nevertheless, is certainly that 7-Keto DHEA is not doing for me the things that Mr. I have horrible adrenal complications, and the 7-Keto has been assisting me tremendously with this.Cherniske, if you are reading this... If you're not serious, go to the 'current fads and gimmicks' section and purchase something from there.you rock! This book is best for people over 50 and old if you're young visit the gym and prevent eating garbage junk food and being lazy to prepare !e., not the typical American diet). Actually if Obamacare doesn't result in healthcare-rationing or increased costs, patients will require this for taking better treatment of themselves; His explanations of the proceedings inside our bodies is apparent and understandable. Starting his next book immediately, as I'm curious concerning current research updates.. Five Stars My husband's favorite method to keep the weight off. The perfect book for me! I fast one day a week , . Then I read a review of this book in the airline magazine and couldn't wait for it to be released. Incorporating the techniques in this publication I'm viewing energy like my 30's and getting my body back again with moderate workout that didn't work before. He walks the chat. A must read! otherwise, it will likely be too late to revive health by playing catch-up after major medical problems appear. Cherniske also provides a bit of wit to make the reading a lot more enjoyable. He's vibrant, funny, and extremely intelligent.. Great info for those 40+ If you are 40+ or approaching 40 years old, you should read this book. This is an essential, easy to understand book for anyone interested in maximizing their health and slowing the aging and disease process. This publication (as most of Cherniske's books) are packed with a lot of useful info, and I have learned a lot from what I've go through. An easy to check out nutrition plan for each age-group is definitely outlined. It's as if the author knows me! Through learning from your errors, I discovered that the bioidentical progesterone cream that I have been taking was causing the extreme fatigue, frequent urination, nausea, etc. This book is perfect for me. He is late fifties and his lab tests are that of a college student.If you are seriously interested in improving your health, then this is the book for you personally. I have bought several copies of this book to provide away. Aging does not have to become a mystery or a drag. It can slow down enough to enjoy and still be mentally, actually and spiritually fit. Very Informative, a Must Read! Provides good info on what goes on to your inner body processes that gradual you down and make you feel old - AND - how to counter these forces using supplements and exercise. Finally, the solution for my Metabolism ! At age 45 or so, I started

slowing and getting bigger and bigger despite attempts, diets and reading any and all books out there. It's a great read, actually a full page turner, with validated explanations of Why, and How ! By age group 53 I'd read and tried anything to obtain my metabolism going again with no real outcomes, and had began to believe my doctor was best. THE METABOLIC Strategy was written for ME ! After reading it I feel empowered . I actually contacted the publisher to discover when it might be prepared! My doctor even explained that I got to get make use of to getting older ! After reading The DHEA Breakthrough and The Metabolic Program: Stay Younger Longer, I bought several bottles of Life Expansion 7-Keto DHEA. older mother. excellent material! Well thought out arrange for your life. The dialogue of what biomedical markers to watch, with desired ranges and appropriate recommendations, is very helpful. Most people cannot stick to my diet . I really do.. Patients need this information before each goes to doctors for examinations....among the best books I ever read ! Thank God I came across this reserve ! I keep in the home like it was my Bible ! Thanks for the life-changing reserve! get a life ! people who are young under age of 50 don't want this book . Prevention rather than playing catch-up with pharmaceuticals This sums up Cherniske's paradigm for bringing one's health back from illness and to be and remaining healthy with proper nutrition (i..This book is the best book I ever read for people over 50 who need to be healthy ! I lost 95 pounds i've strict vegan diet and I take 25 mg. of DHEA 4 days a week and one week off per month and I also consider 50 mg. of B-6 , I eat no wheat , no coffee , no dairy , No cafe food , no factory synthetic food . its hard to do but I no longer have diabetes , forget about sleep apnea , no more high blood pressure . I was traveling on a business trip back in January and had a general case of the blahs. Every morning I drink 1 lemon with one grape-fruit in the blender with filter water , with supper i take one capsule of oregano essential oil with food to kill yeast and bacterias . I follow the " Leptin hormone diet" and this book advise . Four Stars everything went great I really like this book . You intend to be ill and get cancer after that live a lazy life-style ! once you are on drugs from you doctor party has ended ! big pharma will like you ! therefore will the cancer culture !



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