

Dr. Sarah Brewer reveals everything you need to know to reach your optimum age potential. We can't avoid getting old - but we can certainly slow down the aging process. Average life spans are increasing: these days fifty is the new forty, and it's estimated that within three decades life expectancy may be as long as 150 years. But we don't just want to live longer - we want to maintain our youthful vigor and health, too. In *Live Longer, Look Younger*, Dr. Sarah Brewer presents all the nutritional and lifestyle secrets you need to stay looking good and feeling great as you age. Follow her twenty easy steps, and you could live to be a hundred. There's also a Body Tour section featuring targeted advice so you can work on a specific body part or function that is a concern. *Live Longer, Look Younger* reveals everything you need to know to reach your optimum age potential. In Part One you'll discover twenty easy steps to get you started on the road to staying young and feeling great. From eating more nuts and drinking a glass of wine a day, to having an active social life and getting a good night's sleep, all the advice is easy to follow, and based on clear, scientific evidence. Part Two goes on to take an in-depth look at specific parts and functions of the body, explaining what happens during the aging process, what you can do about it, and how you can minimize the effects of aging through simple nutritional and lifestyle changes. Foods, activities, vitamins, minerals, herbs and other supplements that offer anti-aging benefits are given in each case.

Apollo: The Race to the Moon, Scores & Highscores: Zur Ästhetik von Musik in Computerspielen (German Edition), Gabby Duran and the Unsittables, Finally Found: M/M Romance (More Than Friends) (Volume 8), Superman Gen 13 #2 (Superman Gen 13, Volume 1),

The Paperback of the *Live Longer, Look Younger: in Twenty Easy Steps* by Dr. Sarah Brewer at Barnes & Noble. FREE Shipping on \$ or. Dr. Sarah Brewer presents all the nutritional and lifestyle secrets you need to stay looking good and feeling great as you age. Follow her

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In *LIVE LONGER LOOK YOUNGER*, Dr Sarah Brewer reveals everything you In Part One you'll discover twenty easy steps to get you started on the road to.

Meditation is a simple yet powerful tool that takes us to a state of profound One of the most important ways to grow younger and live longer is regular exercise. For twenty to thirty minutes is usually enough to give you substantial benefits. As expressed by the brilliant therapist A.H. Almaas: "When we look at a child, we

The Perricone promise: look younger, live longer in three easy steps A twenty-eight day, total-body aging reversal program discusses how neuropeptides can. *Live Longer Look Younger* by Sarah Brewer, , available at Follow her twenty easy steps, and you could live to be a hundred. The Perricone promise: look younger, live longer in three easy steps Publisher: Grand Central Publishing; Publishing date: 20/09/; Language: English.

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