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The Age Revolution: The Drug-free Plan to Stay Fit, Young and Healthy

By Charles Clark, Maureen Clark

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Age Revolution: The Drug-free Plan to Stay Fit, Young and Healthy, Charles Clark, Maureen Clark, Combat the effects of ageing and live a fuller, healthier life. Getting older may be inevitable, but your body doesn't have to show the signs of age. This revolutionary health book from bestselling author Dr Charles Clark, reveals how you can slow - or even reverse - the process of ageing. Using medically proven techniques for programming your body to work for you, rather than against you, he neutralises every age-related health concern. This title helps you to: improve your health and reduce requirement for medication; lower cholesterol and blood pressure; protect yourself from arthritis, cardiovascular disease and heart disease; control or reverse diabetes; and, look younger, prevent premature ageing and feel energised.



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