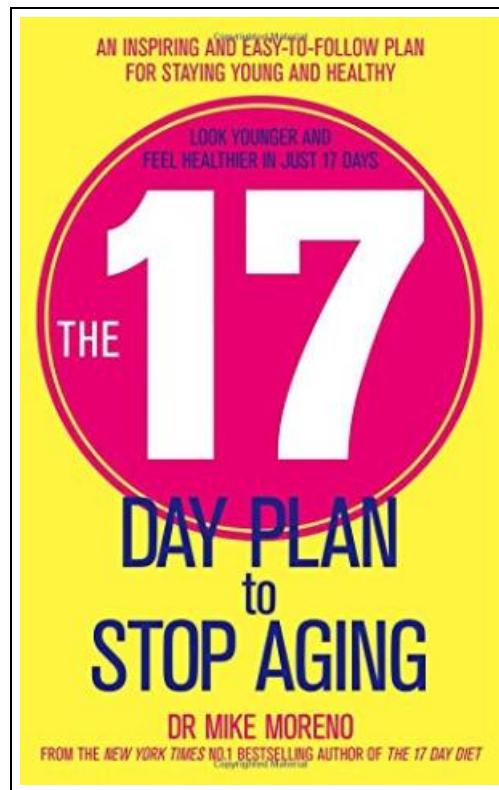


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THE 17 DAY PLAN TO STOP AGING: A STEP BY STEP GUIDE TO LIVING 100 HAPPY, HEALTHY YEARS



Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The 17 Day Plan to Stop Aging: A Step by Step Guide to Living 100 Happy, Healthy Years, Mike Moreno, In The 17 Day Plan to Stop Aging, Dr Mike Moreno - author of the bestselling sensation The 17 Day Diet - offers an incredible four-cycle plan designed to help you prevent or even reverse the symptoms of aging. There are nine systems in your body that must all be in good working order for you to function at your peak at any age: circulatory, respiratory, nervous, immune, digestive, endocrine, musculoskeletal, reproductive and urinary systems. Dr Mike is giving readers all the strategies for longevity that they need, from the exact nutrients that can keep the body running at its peak to easy tips for integrating more movement into every day, following the same plan of 17-day cycles that has worked so well for people on The 17 Day Diet. Designed to work with any lifestyle, The 17 Day Plan to Stop Aging shows how to use nutrition, physical fitness and mental exercise to keep your systems in excellent condition. The steps are simple. The results are real. Highlights include: specific foods to eat to properly manage your digestive system; physical activities that will decrease the medical age of your cardiovascular and respiratory system; cognitive exercises to keep your mental systems young and sharp; products, ingredients and regimens that will decrease inflammation in the body, which, according to the latest research out of Harvard School of Public Health can improve everything from heart health and cognitive ability to joint pain and one's general sense of happiness.



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