



Prolonging Health: Mastering the 10 Factors of Longevity

By J. E. Williams

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Aging doesn't have to mean failing physical health, declining mental acuity, disease, frailty, and life in a nursing home. You can extend your good health as you grow older by using the best of natural medicine.

In *Prolonging Health*, Dr. James Williams, O.M.D. shows that there's no reason you can't live to well over 100 years--enjoying good health all the while.

Based on the latest medical findings, Dr. Williams presents a practical, 10-point plan to prolong your health by understanding and changing the ten major causes of aging.

He shows how to:

- strengthen your heart
- revitalize your brain
- rebalance your hormones
- repair your DNA
- prevent degenerative disease
- detoxify your cells
- avoid insulin resistance

This definitive guide to longevity includes more than 90 self-help tips, a special discussion on "Aging and the Brain," and specific points for having an informed talk about aging with your health-care provider. Dr. Williams, author of *Viral Immunity*, says, "One thing is certain: the better your health, the longer you will live, and live well."

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