

Life Extension: Current and Future Possibilities (Paperback)



Filesize: 8.31 MB

Reviews

Absolutely essential go through ebook. It is actually rally intriguing throgh looking at time. I realized this ebook from my i and dad advised this publication to understand.

(Prof. Demetris Rau III)

LIFE EXTENSION: CURRENT AND FUTURE POSSIBILITIES (PAPERBACK)



Sunbury Press, Inc., United Kingdom, 2012. Paperback. Book Condition: New. annotated edition. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This book discusses life extension and aging. It covers diet and dietary supplements, caloric restriction, dietary recommendations, benefits of specific vitamins and minerals, recommended dietary supplements, and substances like resveratrol that may be beneficial but need more study before being recommended. A chapter discusses practical means of creating a healthful diet that can be followed, including some recipes and desirable foods and beverages. It goes into detail on the major diseases and problems that typically occur with age, including heart disease, stroke, cancer, diabetes, pain, depression, stress, loss of fitness, osteoporosis, dementia, arthritis, vision problems, cosmetic changes, etc. Means of avoiding, minimizing the risk, or dealing with such problems are presented. It proposes means of maintaining a good quality of life as you age. Recommended monitoring of health is covered, and the book concludes with a summary of the most important points and a discussion of possible future developments and the ultimate limits to human life span. The book provides a large but not overwhelming number of specific references. Six appendices list useful data on foods and health not readily available elsewhere and an annotated listing of further resources. Specific citations to scientific studies are given to support all major conclusions.



[Read Life Extension: Current and Future Possibilities \(Paperback\) Online](#)



[Download PDF Life Extension: Current and Future Possibilities \(Paperback\)](#)

Relevant Books



Ella the Doggy Activity Book (Paperback)

Husky Publishing, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This activity book is comprised of crossword puzzles, word search games, word...

[Read Book »](#)



Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Read Book »](#)



Adult Coloring Books Reptiles: A Realistic Adult Coloring Book of Lizards, Snakes and Other Reptiles (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Read Book »](#)



Nautical Coloring Book: An Advanced Adult Coloring Book of Nautical, Maritime and Seaside Scenes (Paperback)

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced...

[Read Book »](#)



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on...

[Read Book »](#)