



Life Beyond 100: Secrets of the Fountain of Youth (annotated edition)

By C Norman Shealy

Penguin Putnam Inc. Paperback / softback. Book Condition: new. BRAND NEW, Life Beyond 100: Secrets of the Fountain of Youth (annotated edition), C Norman Shealy, Using today's most leading-edge therapies and breakthroughs in the science of longevity, C. Norman Shealy, one of the pioneering holistic physicians of our time, shows how we can healthfully age to one hundred, and beyond. The idea of living well beyond one hundred years-and enjoying those years in good health-used to be the stuff of science fiction. No longer. C. Norman Shealy, M.D., Ph.D., whom Caroline Myss calls a "wizard-genius-scientist-mystic-physician," offers "Life Beyond 100: Secrets of the Fountain of Youth." In this deeply learned and revolutionary book, Dr. Shealy provides a new concept of longevity, one that reveals that we can live far longer than current science suggests. Basic healthy living and the use of alternative therapies have long been touted as "the way" to well-being, but Dr. Shealy takes these tenets a step further. From the physiology of stress and its effect on the human mind and body to the importance of DHEA; from the proven techniques of photostimulation and biofeedback training to groundbreaking suggestions for alleviating depression; from Shealy's electromagnetic framework of life...



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Reviews

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