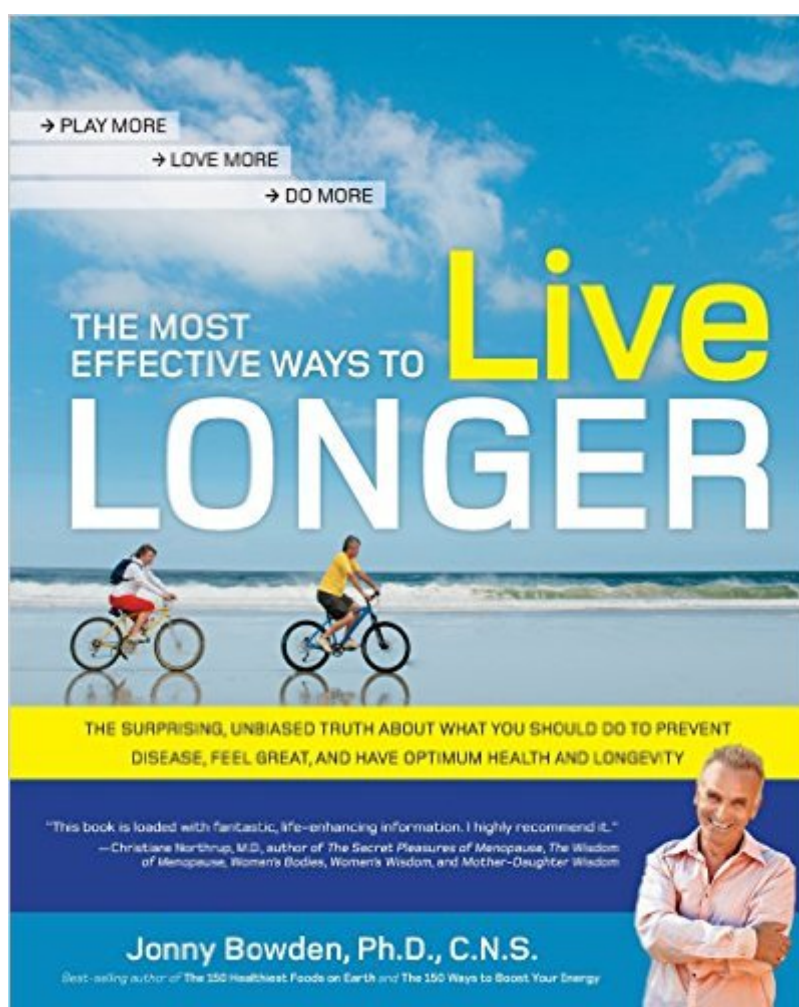


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# The Most Effective Ways To Live Longer: The Surprising, Unbiased Truth About What You Should Do To Prevent Disease, Feel Great, And Have Optimum Health And Longevity



## Synopsis

Author Jonny Bowden looks at what he calls "The Four Horsemen of Aging"--free radicals, inflammation, glycation, and stress--and shows how they can harm your health and shorten your life. Bowden then unveils an arsenal of anti-aging strategies culled from cutting edge research and lessons learned from the longest lived people on the planet. He examines how the major organs, such as the heart and the brain, age and how you can prevent damage to these vital parts of the body. In total, readers learn what they can eat, do, and take to feel great, avoid illness, and live a long life.

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## Customer Reviews

Author Jonny Bowden looks at what he calls "The Four Horsemen of Aging"--free radicals, inflammation, glycation, and stress--and shows how they can harm your health and shorten your life. Bowden then unveils an arsenal of anti-aging strategies culled from cutting edge research and lessons learned from the longest lived people on the planet. He examines how the major organs, such as the heart and the brain, age and how you can prevent damage to these vital parts of the body. In total, readers learn what they can eat, do, and take to feel great, avoid illness, and live a long life. It is never too early to start putting healthy habits in place and this book is a wonderful example of just that. Jonny Bowden, Ph.D., C.N.S., is a nationally known expert on weight loss and nutrition. In *The Most Effective Ways To Live Longer* Jonny focuses on what he calls the four horsemen of aging: \* Oxidative Damage \* Inflammation \* Glycation \* Stress. As the book says, the

four horsemen of aging is anything that's happening to your body that you wish were not happening, from the beginning of disease to the breakdown of systems to the loss of functionality... all this is being driven by the engine of these four processes. Yes the above paragraph is depressing. This book is all about taking these four steps and through diet and exercise how to keep the horses at bay. And this.... I love. Foods like wild salmon (a perfect anti aging food) to blueberries (filled with antioxidants and cancer fighters).... we are walked through delicious choices that keep you young and healthy - inside and out. Exercises like crunches for the abdominal muscles, squats for legs and lower body, weight resistance and more. This book is a wealth of knowledge.

Incredibly, amazingly, wonderfully useful. That's what I have to say about this book. Now, I'm wondering what it says about my age that I was able to read this book from cover to back in three days, in the same way I normally devour a fiction novel. I guess that probably says more about the books readability, though, than about me being an old 27 year old. It had so many interesting facts and so many great ideas about how to use those facts to live a healthier longer life that one might think it would be easy to occasionally get bogged down by facts. This didn't happen. Everything was presented in such a way that even the layman would easily get maximum benefit. The book was separated into sections that will make it easy to go back and re-look up something I might later forget or be wondering about. The beautiful, glossy color pictures were a great addition to the words that made it easy to visualize everything he was saying. Bowden's "Four Horsemen of Aging:" free radicals, inflammation, glycation, and stress, are a humorous and realistic way of looking at the things that actually cause disease and then figuring out what we can do about them. I highly recommend this book to anyone and everyone. I think it is VITAL that people not only know how to lead healthy lifestyles but also understand the benefits and therefore have the motivation to do so. A book like this provides the motivation and the know how. It occasionally made me laugh, which in no way took away from the seriousness of the message. The power and beauty of the chapter on emotional intelligence is something I think will stay with me for life. The power of friends and community is, indeed, amazing!

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