

Dr. Cantors Longevity Diet: How to Slow Down Aging and Prolong Youth and Vigor



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younger, not only will you feel younger, you will actually be younger. Tissues and organs will become more resistant to disease and better able to delay degenerative changes.

Chronic diseases, particularly those that attack the lungs and

kidneys, are especially slowed by this dietary program, as is the development of tumors. The Longevity Diet, combined with the other Keys to Longevity, serves to control high blood pressure, diabetes, and other serious problems. With this program it may be possible to delay, prevent, and even reverse atherosclerosis, and thus reduce the ravages of today's Number One Killer--heart and blood vessel disease. Your mental powers increase; your personality sparkles. And, as an added benefit, you naturally correct any weight problem you may have, automatically and effortlessly--while you eat well!

作者介绍:

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