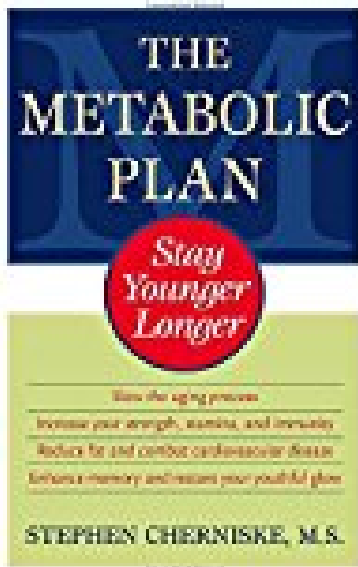


# The Metabolic Plan Stay Younger Longer

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## BOOK DETAILS

- Author : Stephen Cherniske
- Pages : 368 Pages
- Publisher : Ballantine Books
- Language : English
- ISBN : 0345441028

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## BOOK SYNOPSIS

The choice is yours: You can add forty or more vigorous, fulfilling years to your life. It sounds like science fiction, but in fact it's cutting-edge science grounded in exciting new research. In *The Metabolic Plan*, internationally renowned biochemist Stephen Cherniske reveals the medical breakthroughs that enable all of us to extend our lives—and the quality of our lives—starting today. After years of dedicated study and research that took him to six continents, Cherniske has arrived at a new paradigm that radically alters our understanding of the aging process and the human potential for longevity. Far from giving out due to inevitable wear and tear, the human body is naturally endowed with astonishing powers of renewal, self-repair, and regeneration. The secret to unlocking these powers lies not in genetic tinkering or a high-tech fix, but in outsmarting mother nature at her own game. As Cherniske explains, a simple adjustment in your metabolism can profoundly alter your energy level, strength and stamina, your body's ability to fight disease, even the intensity of your sexual desire and fulfillment. In short, by following his regime, you can essentially "trick" your body into adopting the metabolism of a twenty-year-old. *The Metabolic Plan* takes you step-by-step through the process of natural rejuvenation. Here is a comprehensive diet and exercise plan specifically tailored to boost antioxidant levels, combat disease, increase muscle, reduce fat, and enhance memory and vision. Cherniske shares the age-defying properties of such cutting-edge supplements as 7-Keto and debunks myths about acid/alkaline foods. Here too are detailed metabolic plans geared to the different needs of men and women and to every decade of our lives—so we'll know exactly what to focus on when. Longer life, more energy, improved health, a pervasive sense of well-being: it sounds too good to be true, but it's all within our grasp. At once revolutionary and eminently practical, this is the book that finally solves the puzzle of aging. From the Hardcover edition.

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