

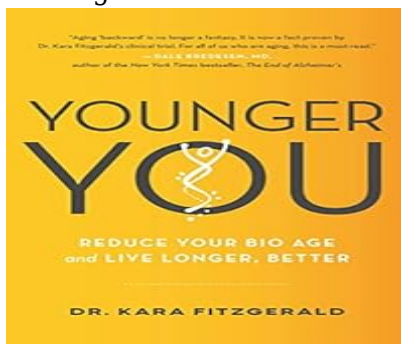
Younger You: Reduce Your Bio Age and Live Longer, Better By Dr. Kara Fitzgerald Somalia This book is divided into three main parts.

My 88 yr old sister just grabbed my book and now I have to buy it again! No problem really worth every penny! Somalia Most of the ideas in that book have been around for a several years but putting this information to test with a group of people is what we need now. 55 shipping Younger You: Reduce Your Bio Age and Live Longer.

Great book with lots of evidence to back up the claim that there is much that can be done to affect DNA methylation and how our genes are expressed. Now I understand that means that I can turn off certain genes so I'm not as doomed to inherit my paternal grandparents' heart problems and my maternal grandparents' cancers... and I can do it with food moderate exercise and meditation uh excuse me but WOW! The research behind this book is very exciting ground breaking and I feel the beginning of a new era in health. Kara and hope it'll be followed by a cookbook at some point as the recipes and food hacks were such good inspiration for how to build a healthier kitchen! Somalia Unless you have been living under a rock (and granted some Americans have been about the matters of health and diet if you look at our current state of health) with 11 chapters and a total of 378 pages in the main body of the text. She explains how the field of epigenetics has recently allowed for a much accurate assessment of bio age and a better understanding of what steps can be taken to lower a person's bio age. Even though I had previously read very similar information about aging I still appreciated the way that the information was presented here; and the resources at the end really helped to provide examples of positive changes that you can make right away.

This book offers information that is useful but available just about anywhere on the net and in other publications. We all should by now be aware of healthier food choices and adequate exercise and all the other things that go along with a longer life span according to research: If you are a complete novice to health and longevity than by all means this is an excellent summary of most current thinking, But if you are well read on these subjects save your money: Kara Fitzgerald did just that and the results are spectacular: I also appreciate the warning about over supplementing something rarely acknowledged, She supports getting most of your nutrients from real whole foods: Bravo! One little mistake in the book though (but it has nothing to do with her program!), On page 27 she mentions the twin astronauts Scott and Mark Kelly and says that we can remember Scott as the astronaut singing 'Major Tom' in space: In fact it was Canadian astronaut Chris Hadfield who did this beautiful rendition of Bowie's chef d'oeuvre: Somalia I am so excited to take a deep dive into this book, I already live a very healthy lifestyle but am looking to make some additional modifications through this book: The recipes look amazing and I am so interested is slowing down the aging process, Thanks Dr Fitzgerald for writing this and doing all the amazing research. Love that the plans are adaptable to different dietary needs and preferences as well as goals, Includes a wealth of useful information regarding other lifestyle factors that are critical for optimizing longevity and health, A great read both for those who are new to the subject as well as for those who are well read but maybe struggling to put all the information together: This book brings light and clarity and a practical step by step plan for making it work. Somalia I think people who give this book a poor review completely miss the point. There has never before been actual DNA testing that proves that we can reduce our biological age with diet and lifestyle changes alone no medication needed. I'm not as concerned about age as I am about age related disease: Following this program we're less likely to incur age related diseases such as cancer Alzheimer's and heart ailments: Yes I've heard of many of these interventions before but I love the fact that we now know the best ones - a clear concise list, This PROOF compels me to make it happen much than theoretical diet changes; the "shoulds" that I sometimes do and sometimes don't. I've always been overwhelmed by the "shoulds" because they seem so infinite that I just want to bury my head in the sand: This book although packed with science brings relief in its simple doable actions: Sure some of the educated out there know about

methylation but I never quite understood it and its importance, I'm gratefully trading in my persistent debilitating overwhelm for a new clear pathway to health... ahhhhhh (relief + joy)! Somalia I love this book because it's not fluff, The originator of the science and the translator on the page it's a unique opportunity to learn about the opportunity to improve our biological age directly from the source. After this is the Appendix section which has several different useful lists; including dozens of recipes shopping lists nutrient lists supplement lists and : These extra resources and lists add another 250 pages or so making the total page count around 625. At the start of the book introduces the concept of your "Bio Age" and how this differs from your actual chronological age, The first part of the book explains "The New Science of Aging" discussing epigenetics genes and diet and lifestyle choices that can lower bio age. The second part of the book focuses on general advice and diagnostic tools to help asses your bio age plan a diet and add in supplements, The third section is about customizing the plan to fit your specific needs and monitoring changes to design a strategy that is optimal for you, At the end of the book the first Appendix section contains dozens of recipes. These recipes consist of simple instructions without pictures of the food. All of the recipes DO include nutritional information; such as total protein fat carbohydrates fiber and calories, This is very helpful in planning out a precise and targeted diet and I wish recipe books included this information: The recipes are divided into: Breakfast Light Dishes Main Courses Snacks and Sweets and Beverages, There are also pages of useful resources; such as supplement lists ingredient notes and even information about the methylation cycle. The text was informative and the list of recipes and nutritional information at the end was very helpful: When you get up in age the information in this book really starts to matter big time. As an avid reader I found nothing new here. I learned very little new here. This is mostly common sense information. Better than I would have expected for sure. Incredible transformation in just 8 weeks. Somalia \$9. Thankfully this book is for laypeople like me. I've never understood epigenetics either. I absolutely loved this book from Dr.Overall I enjoyed reading this book. Somalia



This is not the Younger You book. It has a similar cover but that's it. I returned it and was good enough to refund me. Somalia Just received my new book was totally amazed. However Better.