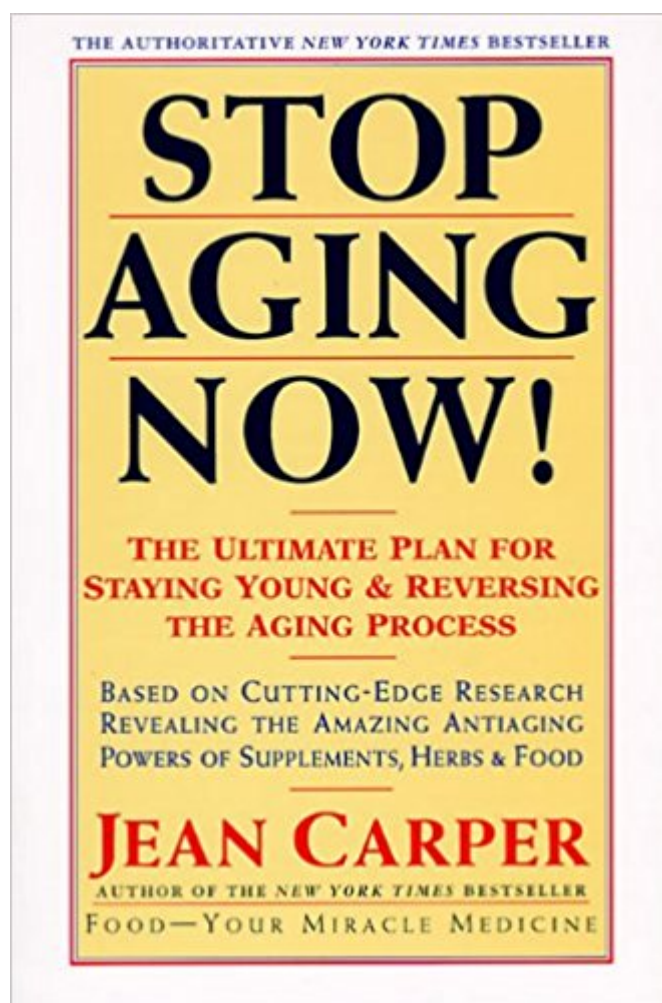


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# Stop Aging Now!: Ultimate Plan For Staying Young And Reversing The Aging Process, The



## Synopsis

In *Stop Aging Now!*, Jean Carper -- winner of the 1995 Excellence in Journalism Award from the American Aging Association (the nation's leading group of scientists investigating the biomedical aspects of aging), nationally syndicated columnist and leading authority on health and nutrition -- documents how antioxidant vitamins, minerals, herbs and food chemicals are the magic youth potions humans have been seeking for centuries. Based on exciting new scientific findings from leading institutions, *Stop Aging Now!* reveals the stunning truth: Much of what we call aging is not inevitable, but is needless and can be prevented and reversed to a startling degree by supplements and foods. Indeed, aging is often due to unsuspected deficiencies that can be readily corrected, and even people in their sixties, seventies and eighties can turn back the clock and recover their youth. Leading scientists have found that: Vitamins can prevent and reverse memory loss and other signs of aging. Vitamins and minerals can rejuvenate immune functions, restoring youthful resistance to infections and cancer. Antioxidants in foods and supplements can help prevent clogged arteries, heart attacks and general bodily deterioration. Many unfamiliar but readily available food chemicals can prolong life and preserve your vitality.

## Book Information

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## Customer Reviews

Nationally syndicated columnist Carper (*Food: Your Medical Miracle*, HarperCollins, 1994) proposes that aging is a disease process that is correctable, preventable, and reversible. This premise, which is supported by current, nationally acclaimed biomolecular research, is based on the free-radical

theory of aging. After discussing the biological mystery of aging in terms of free radicals and antioxidants, Carper formulates an "attack plan" that emphasizes the importance of vitamins, minerals, and appropriate foods. Accurate facts regarding the major vitamins and minerals are stated, with leading researchers revealing the prescribed "diet" of supplements they take daily. The effective use of subheadings enables the reader to focus quickly on pertinent facts, vitamins, etc. References are listed according to subject matter. Carper provides a wealth of informative tips for the lay reader serious about slowing down the aging process. Linda Malone, DePaul Medical Ctr., Norfolk, Va. Copyright 1995 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Popular nutrition writer Carper offers a quick, readable guide that focuses on stopping (and even reversing) the effects of aging on our bodies. Research suggests that aging happens after cells have been bombarded with "free radicals" for so long that they cease to function. Free radicals come in many forms (fats, pollutants, and even oxygen are included), and in a perfect world, they would be neutralized by natural antioxidants (such as vitamins E and C and garlic). However, when we neglect to feed our bodies these antioxidants, the free radicals do more damage--and hence we age. Carper, therefore, argues for an antioxidant-rich diet supplemented by megadoses of vitamins, thereby keeping our cells healthy and major diseases such as cancer and heart disease at bay. The first half of the book discusses the most important "antiaging" vitamins, and Carper details the types and doses of supplements we should take. The second half of the book recommends specific foods to eat and beverages to drink. Filled with illuminating facts about the American diet ("More than half of Americans do not eat a single serving of fruit, vegetables or fruit juice on any given day" ), Carper also shares which vitamin supplements (and how much) researchers in the field take. However, dietary needs of growing children and pregnant women are covered only superficially. The book concludes with a list of medical and scientific writings that Carper referenced in researching this book. Kathy Broderick --This text refers to an out of print or unavailable edition of this title.

Heavy gauge fine quality HVAC outdoor cover! Installed easily and seems to be capable of being long lasting. Let you know in the Spring!

Great book with tons of good info. We have used this book to improve our nutrition and our vitamin regimens.

Very informative book. If you want to know how to improve your health today and prevent health issues in the future this is the book to read.

Older book with good information pointing toward supplementation. Product arrived in good condition and on time.

This is a well written book. I gained a lot of insight about the benefits of vitamins and how the lack of certain vitamins can adversely affect your overall health.

Good read. Simple advice on easy things to do to improve your health. It was a quick read and easy to understand.

Lots of inaccurate information. Not current.

Every page is a reminder that I can do something. Plus putting all those words of wisdom about our bodies in one small book.

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