

"STOPPING THE CLOCK"

by **Ronald Klatz, M.D. and Robert Goldman, M.D.**

The first baby boomers just turned 50, and that means that older people will soon represent a massive fraction of the population. That could mean a huge number of people in poor health, running up huge medical bills-or legion of vigorous, productive women and men enjoying later life...and enjoying it for years, even decades, longer than we have dared to hope!

The big health news story of these century closeout years is the development and growth of antiaging medicine, with its demonstration that we can escape much of the downside of aging, preserving (or restoring!) prime-of-life health and vitality through our later years. The authors, working with major anti-aging and fitness institutions, present the latest information on the substances and techniques that can help turn back the clock...restore energy and vitality...lower your risk of heart attack, arthritis and cancer...and help you live longer and feel better than any humans in history.

The antiaging effects of melatonin have made nationwide headlines, and Drs. Klatz and Goldman show you how to use it to cut years from your age. Perhaps the most exciting material in the book is the treatment of hormone replacement therapy, particularly estrogen and progesterone for women, which has shown awe-inspiring potential for rejuvenation.

DHEA, human growth hormone, thyroid supplementation and vitamins and minerals are also explored, as are exercises ("the closest thing to an anti-aging pill there is") and stress reduction. A comprehensive self-test allows you to asses your health-and track the improvement you will enjoy if you make full use of what Stopping the Clock has to offer.

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