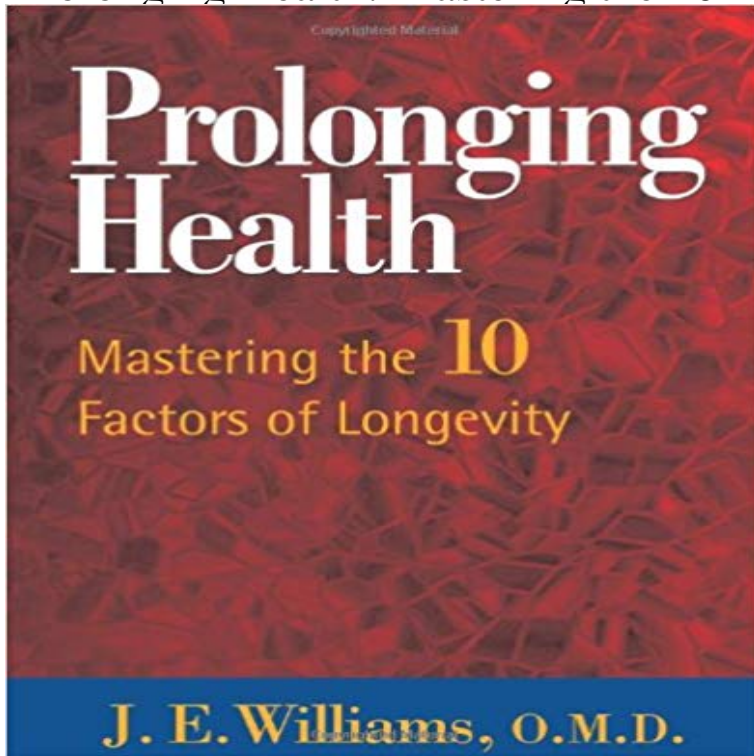


Prolonging Health: Mastering the 10 Factors of Longevity



Aging doesn't have to mean failing physical health, declining mental acuity, disease, frailty, and life in a nursing home. You can extend your good health as you grow older by using the best of natural medicine. In *Prolonging Health*, Dr. James Williams, O.M.D. shows that there's no reason you can't live to well over 100 years--enjoying good health all the while. Based on the latest medical findings, Dr. Williams presents a practical, 10-point plan to prolong your health by understanding and changing the ten major causes of aging. He shows how to: strengthen your heart, revitalize your brain, balance your hormones, repair your DNA, prevent degenerative disease, detoxify your cells, avoid insulin resistance. This definitive guide to longevity includes more than 90 self-help tips, a special discussion on Aging and the Brain, and specific points for having an informed talk about aging with your health-care provider. Dr. Williams, author of *Viral Immunity*, says, "One thing is certain: the better your health, the longer you will live, and live well."

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