



# Healthy Aging: A Lifelong Guide to Your Well-Being

*Andrew Weil M.D.*

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## **Healthy Aging: A Lifelong Guide to Your Well-Being** Andrew Weil M.D.

In each of his widely acclaimed, best-selling books, Dr. Andrew Weil has been an authoritative and companionable guide through a uniquely effective combination of traditional and nontraditional approaches to health and healthy living. Now he gives us a book about aging that is unlike any other. Drawing on the new science of biogerontology (the biology of aging) as well as on the secrets of healthy longevity — diet, activity and attitude — Dr. Weil explains that there are a myriad of things we can do to keep our bodies and minds in good working order through all phases of life. Hugely informative, practical, and uplifting, *Healthy Aging* is infused with the engaging candor and common sense that have made Dr. Weil our most trusted source on healthy living.

With detailed information on:

- Learning to eat right: Following the anti-inflammatory diet, Dr. Weil's guide to the nutritional components of a healthy lifestyle
- Separating myth from fact about the would-be elixirs of life extension — herbs, hormones, and anti-aging “medicines”
- Learning exercise, breathing and stress-management techniques to benefit your mind and body
- Understanding the science behind the aging process
- Keeping record of your life lessons to share with loved ones

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