



Optimal Aging: A Guide to Your First 100 Years (Paperback)

By Ph D Jerrold Winter

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.There are countless books on the market about nutrition, diet, and exercise in isolation. Optimal Aging brings these topics together as they relate to the process of aging and the diseases which so often accompany it. Written by Jerrold Winter, PhD, a professor of pharmacology and toxicology and the author of True Nutrition True Fitness, this book provides an integrated discussion about health matters, offering evidence-based advice regarding nutrition, exercise, and the use of pharmaceuticals as they relate to dementia, obesity, diabetes, cancer, pain, and other hazards of aging. Amid a sea of contradictory information about what's healthful, Optimal Aging stands out, delivering a comprehensive discussion about healthy living that's buoyed by source references, illustrative anecdotes, and just the right dose of humor. Drawing from current scientific understanding and providing historical perspectives, Winter speaks sensibly about drugs and their effects, vitamins and minerals, exercise, weight control, and treatment of age-related symptoms and diseases. With this authoritative book in hand, you'll gain a fundamental understanding of the disparate factors that come together to influence your well-being,...



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