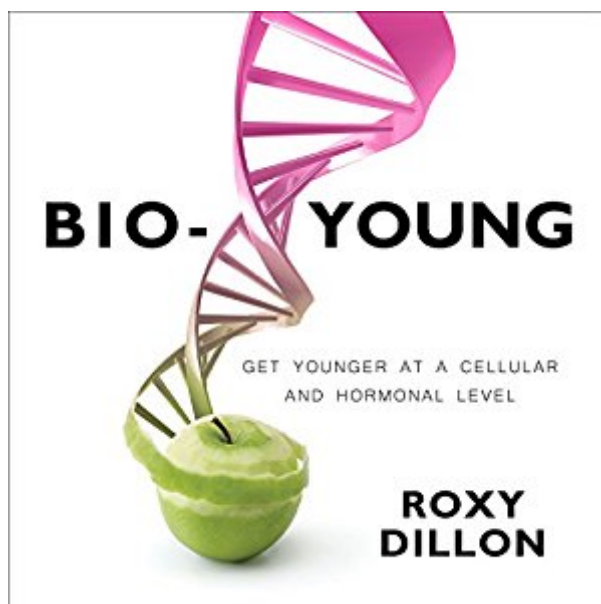


The book was found

Bio-Young: Get Younger At A Cellular And Hormonal Level



Synopsis

You've always heard that "age is just a number" - now we have the science to prove it. Those wrinkles under your eyes are not simply an inevitable part of the aging process. Actually, those unpleasant surprises in the mirror are a result of the decline in your cellular and hormonal functions. Science shows us that your hormones quickly decline after age 30, leading to a variety of changes in your body, including hair loss, saggy skin, and unwanted facial hair. The good news is that all of your aging symptoms can be halted, and even reversed. In *Bio-Young*, renowned anti-aging expert Roxy Dillon guides you through an easy-to-follow regimen that will naturally stop and reverse the aging process. Using ingredients that you can find at home, you can stimulate your hormone-producing glands into youthful activity again. Discover the bio-actives - foods, herbs, supplements, edibles, and essential oils - that you should be eating, or applying externally, and learn how their key compounds will plump your skin, reduce high blood pressure, and even fight cancer cells. Roxy has created a clear-cut program that will help you take control of your looks and turn back the clock.

Book Information

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Customer Reviews

This is an amazing work and, as far as I know, completely unique of its kind. It takes the physiological mechanisms of aging chapter by chapter and addresses a little about how each mechanism functions and degrades with age so the reader will understand how each type of natural substance works on those mechanisms to either increase cellular function or improve hormonal

balance. When cellular function and hormonal balance are improved, the body can function (and look) like it is much younger than its years. It covers most of the common mechanisms of aging. It is a *little* technical, which is great for me, because I didn't have to go and research those explanations on my own -- but it's not a hard read by any means and even a reader who doesn't care for technical explanations shouldn't have a difficult time with this book. And even if you do, it will be worth it. The treatments recommended in this book are really incredible. When I came across the book, I was on the lookout for natural oils or other natural substances that would help my skin to stay firm and tight while I lose a lot of weight. Even though the author promises really crazy youthful results, I took it with a grain of salt and figured, I know the power to be found in plant-based remedies; they are not magical, but they are effective. So that was my attitude when I gratefully took this book home to put into practice the ideas therein. I was grateful because this book might have been written with me in mind -- technical enough to satisfy most of my scientific curiosity, but almost all the treatments therein were natural plant-based remedies that I could make at home on my own. So I was a happy camper; not exactly skeptical, but realistic in my expectations.

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