

# **YOUR Ultimate Guide to DEFY AGING**

**Take Control of Your Age,  
The Science-Backed Guide  
to Healthy Aging.**

**Dr Eugene Reynolds**



# Take Control Of Your Aging

**John Holmes Agnew, Walter Hilliard  
Bidwell**



## **Take Control Of Your Aging:**

**Use Your Brain to Change Your Age** Daniel G. Amen, M.D.,2012-02-14 From the bestselling author and PBS star a brain healthy program to turn back the clock and keep your mind sharp and your body fit An incredibly helpful book for anyone who wants to increase their brain capacity Dr Rick Warren author of The Purpose Driven Life The fountain of youth is between your ears A healthy brain is the key to staying vibrant and alive for a long time and in Use Your Brain to Change Your Age bestselling author Dr Daniel G Amen shares ten simple steps to boost your brain to help you live longer look younger and dramatically decrease your risk for Alzheimer s disease Based on the approach that has helped thousands of people at the Amen Clinics Dr Amen s breakthrough easy to follow anti aging process shows you how to Boost your memory mood attention and energy Decrease your risk for Alzheimer s and other forms of dementia Eat to increase longevity Promote the healing of brain damage due to injury strokes substance abuse and toxic exposure Dramatically increase your chances of living longer and looking younger By adopting the brain healthy strategies detailed in Use Your Brain to Change Your Age you can outsmart your genes put the brakes on aging and even reverse the aging process      **Use Your Brain to Change Your Age (Enhanced Edition)** Daniel G. Amen, M.D.,2012-02-14 This enhanced eBook edition includes the full text of the book with full color illustrations and photographs plus more than twenty minutes of video from the popular PBS special Use Your Brain to Change Your Age From the bestselling author and PBS star a brain healthy program to turn back the clock and keep your mind sharp and your body fit A healthy brain is the key to staying vibrant and alive for a long time and in Use Your Brain to Change Your Age bestselling author and brain expert Dr Daniel G Amen shares ten simple steps to boost your brain to help you live longer look younger and dramatically decrease your risk for Alzheimer s disease Over the last twenty years at Amen Clinics Dr Amen has performed more than 70 000 brain scans on patients from ninety different countries His brain imaging work has taught him that our brains typically become less active with age and we become more vulnerable to memory problems and depression Yet one of the most exciting lessons he has learned is that with a little forethought and a brain smart plan you can slow or even reverse the aging process in the brain Based on the approach that has helped thousands of people at Amen Clinics along with the most cutting edge research Dr Amen s breakthrough easy to follow antiaging program shows you how to improve memory focus and energy keep your heart and immune system strong and reduce the outward signs of aging By adopting the brain healthy strategies detailed in Use Your Brain to Change Your Age you can outsmart your genes put the brakes on aging and even reverse the aging process If you change your brain you can change your life and your age Video may not play on all readers Check your user manual for details      **Change Your Age** Frank Wildman,2010-03-30 In the tradition of Thomas Hanna s Somatics and Pete Egoscue s Pain Free Frank Wildman s Change Your Age offers a proven program for improving health vitality and fitness at any age By integrating the body and mind to achieve greater coordination agility balance and performance you can improve every aspect of your life from

everyday to high performance activities No matter your age or condition Change Your Age will add years of easy mobility to your life and promises that you can stay fit healthy toned and active throughout midlife and beyond without injury or pain

**The Everything Low Cholesterol Book** Murdoc Khaleghi,2010-11-18 Lowering high cholesterol involves more than just taking medication or trying to eat healthier It entails a complete lifestyle overhaul In this guide Dr Murdoc Khaleghi helps you make the changes that can mean the difference between life or death He explains How cholesterol and heart disease are related What dietary changes you can make to lower your cholesterol Why some cholesterol is actually good How a family history of cholesterol can be a contributing factor The benefits of exercising at a moderate level This updated edition includes 100 heart healthy recipes as well as expanded information on meal planning and exercise Dr Khaleghi puts the responsibility in your hands arming you with all the tools that you need to live a happy healthier life *Self Defense: Easy and Effective Self Protection Whatever Your Age (The Ultimate Guide to Beginner Martial Arts Training Techniques)* Jason

Bernard,2022-01-05 This book is not is not just about personal protection self defense tips or self defense for woman it is much more than that It is pointless to learn numerous self defense techniques yet they don t come to your aid mentally or physically when under attack Here are some things that you are going to learn Hand to hand self defense Vulnerable point self defense Ground control self defense Joint lock self defense Common self defense mistakes to avoid And much much more Based on the tactics of self defense experts top martial artists and security personnel the simple techniques included are all designed to enable you to stay safe on the streets whatever your age size or skill Ever wondered what it takes in a real life or death situation to make the right choices Or how to dominate any violent encounter on the streets without even throwing a punch You may be surprised at the answers **Taking Control of Your Life** Gail Blanke,Kathleen Walas,1990 Based on the

authors professional experience with Avon s Women of Enterprise Awards which honors women who have overcome significant obstacles to achieve success in thier own small businesses the book shares case histories of exceptional women who have demonstrated that determination courage and ingenuity can triumph over adversity **Control Your Own Super**

**Fund** Paul Clitheroe,2014-01-02 Your superannuation is one of the biggest assets many of us will ever own and it will play a critical role in our future plans But do you know enough about your super and are you in control of your investment Control Your Own Super Fund enables you to take control of your financial future Expert adviser Paul Clitheroe breaks through the confusion and changing laws of superannuation and provides advice on how to get the most from your investment He tackles all the common questions on super how much you ll need what strategies exist to create it and what super choices are available and shares all you need to know about starting your own super fund Is DIY super right for you What are the steps and costs involved in setting up your own fund What rules and regulations do you need to meet to stay within the law What investments strategies can you follow to optimise your super How do you improve your after tax outcome More and more Australians each year are opting to manage their own superannuation Control Your Own Super Fund is essential reading for

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