

# **P**RESCRIPTION FOR LONGEVITY

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**FOR A**

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**DR. JAMES SCALA**

author of THE ARTHRITIS RELIEF DIET

# Prescription For Longevity Eating Right For A Long Life

**Dong-Hwa Shin, Kalidas Shetty**



## **Prescription For Longevity Eating Right For A Long Life:**

**Prescription for Longevity** James Scala,1994 This important book is full of practical easy to understand information describing which protectors are in what food sources how much of what to eat what diseases they protect against and what combinations of nutrients can be especially beneficial **Aging and Human Longevity** M.-F. Schulz-Aellen,2012-12-06 The proportion of elderly people continues to increase in the western world nearly a quarter of the population will be over 65 years by the year 2050 Since aging is accompanied by an increase in diseases and by a deterioration in well being finding solutions to these social medical and psychological problems is necessarily a major goal for society Scientists and medical practitioners are therefore faced with the urgent task of increasing basic knowledge of the biological processes that cause aging More resources must be put into this research in order to achieve better understanding of the cellular mechanisms that underlie the differences in life span between species and to answer the difficult questions of why some individuals age more quickly than others and why some develop liver problems some have heart problems and others brain problems The results of such a wide program of research will provide important information about the causes of many life threatening and or debilitating diseases of old age it will help find ways to prevent some of the ailments that result from aging and it may well lead to discoveries enabling the prolongation of human life **A Gynecologist's Second Opinion** William Parker,Rachel L. Parker,1996 Written in a Q A format A Gynecologist s Second Opinion answers all the questions that patients actually have but that most doctors often don t have time to answer It addresses women s concerns while providing the facts needed to get appropriate care Presented with the stories of women who have actually had these experiences this authoritative guide provides detailed information on fibroids ovarian cysts hysterectomy bladder problems endometriosis pelvic pain ovarian cancer screening cervical cancer menstrual problems and much more BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved **The PDR Family Guide to Nutrition and Health** ,1995 A complete guide to sensible health and nutrition covering weight loss heart health cancer prevention stress energy fitness and more also evaluates leading cookbooks diet plans exercise programs fast food ethnic food and junk food **Reclaiming Male Sexuality** George Ryan,1997 Brings these new cures into the open **The Complete Guide to Women's Health** Bruce D. Shephard,Carroll A. Shephard,1997 This comprehensive sourcebook for women of all ages goes beyond gynecological issues to cover the full spectrum of health concerns The single best reference on women s health problems The Washington Post 150 photos and drawings **Consumer's Guide to Dietary Supplements and Alternative Medicines** W. Marvin Davis,2006-09-26 Learn the benefits and hazards of certain dietary supplements The term dietary supplement can include vitamins minerals herbal and botanical products Consumers freely use supplements for the promoted claims of benefits but often without consideration of the potential risks The Consumer s Guide to Dietary Supplements and Alternative Medicines is a critical balanced look at the different classes of supplement products and whether many claims of benefits are true or

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**Costa Prescription for Longer Life** Robert Philip Smith, Patrick Quillin, 1985 **American Book Publishing Record**, 1995 *Korean Food Systems* Dong-Hwa Shin, Kalidas Shetty, 2022-09-19 The Republic of Korea ROK is projected by 2030 to have the longest living population compared to any nation on earth A girl born in the ROK in 2030 will live up to 90 8 years on average What are the reasons for this improvement in longevity Among many insights for longevity among the people of the ROK is the diverse Korean ethnic diet with roots in a traditional diet that has been preserved for centuries Korean Food Systems Secrets of the K Diet for Healthy Aging provides an integrated and holistic approach towards the understanding how food systems of the ROK and experiences of the last 60 plus years has been sustained by traditions and ecology integrated with contemporary advances in technology and the economy Key Features Discusses the rationale and basis of food systems traditions of healthy eating and healthy aging in the Korean population and why by 2030 they will be the longest living population on the planet Reflects on the role of historical cultural and traditional food and dietary concepts of Korea and how they have influenced healthy eating habits contributing to health and longevity Discusses the relevance of the modern genetic concepts of nutrigenomics and epigenetics metabolic concepts such as circulation and food concepts such as fermented and functional foods in advancing healthy food concepts and longevity Provides insights how a large population can advance an integrated holistic food based approach to longevity and wellness As a collaboration between various outstanding authors the insights from this book can provide global examples to align similar approaches and policies in other countries in different ecologies of planet earth The Longevity Paradox Steven R. Gundry, MD, 2019-03-19 From the author of the New York Times bestseller *The Plant Paradox* comes a groundbreaking plan for living a long healthy happy life From the moment we are born our cells begin to age But aging does not have to mean decline World renowned surgeon Dr Steven Gundry has been treating mature patients for most of his career He knows that everyone thinks they want to live forever until they hit middle age and witness the suffering of their parents and even their peers So how do we solve the paradox of wanting to live to a ripe old age but enjoy the benefits of youth This groundbreaking book holds the answer Working with thousands of patients Dr Gundry has discovered that the diseases of aging we most fear are not simply a function of age rather they are a byproduct of the way we have lived over the decades In *The Longevity Paradox* he maps out a new approach to aging well one that is based on supporting the health of the oldest parts of us the microorganisms that live within our bodies Our gut bugs the bacteria that make up the microbiome largely determine our health over the years From diseases like cancer and Alzheimer s to common ailments like arthritis to our weight and the appearance of our skin these bugs are in the driver s seat controlling our quality of life as we age The good news is it s never too late to support these microbes and give them what they need to help them and you thrive In *The Longevity Paradox* Dr Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come A progressive take on the new science of aging *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger

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**Prescriptions for Health** Brent Q. Hafen,Alton L. Thygerson,Ronald L. Rhodes,1977

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