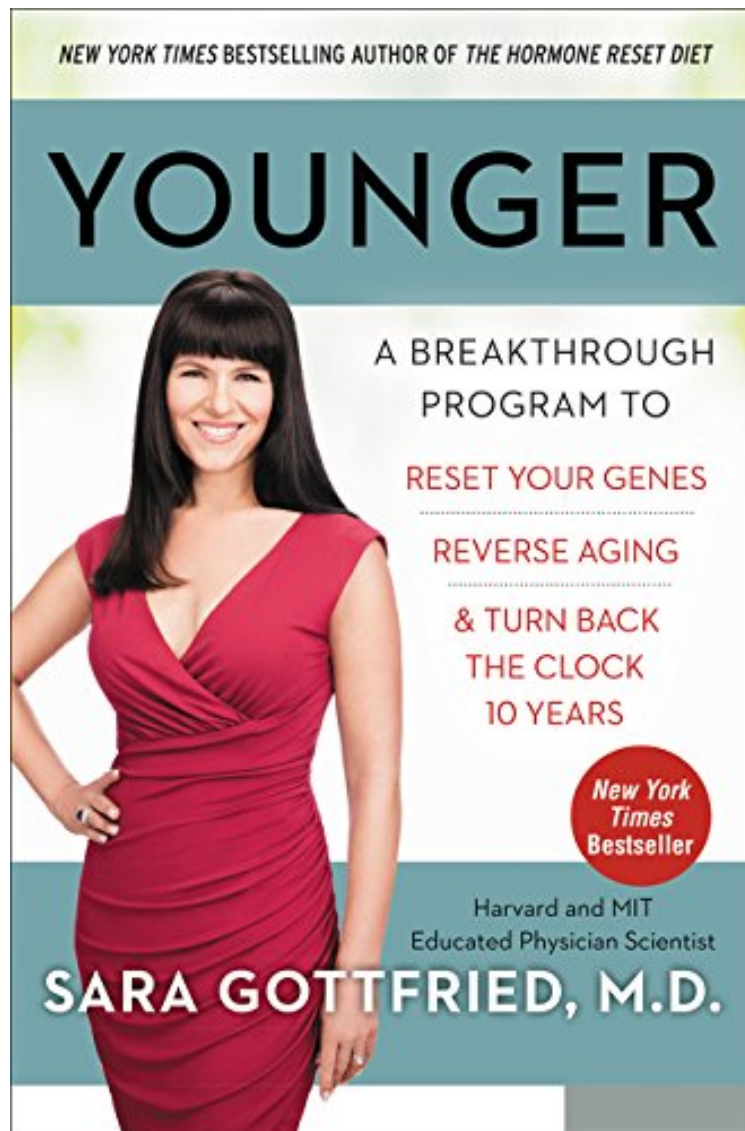


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Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years

Sara Gottfried

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#14341 in Books Gottfried Sara 2017-03-07 2017-03-07 Original language: English PDF # 1 9.00 x 1.17 x 6.001, 1.42 #File Name: 0062316273368 pages Younger A Breakthrough Program to Reset Your Genes Reverse Aging and Turn Back the Clock 10 Years | File size: 36.Mb

Sara Gottfried : Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years before purchasing it in order to gage whether or not it would be worth my time, and all praised Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years:

105 of 106 people found the following review helpful. Mixed FeelingsBy SilviaI bought this book expecting tons of good advice on how to get healthier and becoming more fit. The book is easy to read and has a number of suggestions that resonated with me. I'm a healthy eater and like to exercise, so I found a lot of overlap with the author's thinking. And because I'm a scientist, I enjoyed reading about genes and how we can attempt to turn them on and off. My problem with this book is that in the end is very unrealistic. The author has time to do her oil pulling, daily sauna, meditation, quality time with her family and much more because she is rich and obviously does not have an average life. I work full time and couldn't do even 1/100 of what she says. Also, I got a bit tired of reading that she was educated at MIT and Harvard; Dr. Oz is at Columbia, another great university, and I don't care for his advice at all! Lastly, I tried the 30-day green shake challenge. I was disappointed because it did nothing to me. But it did to her, since I purchased the protein powder, the super greens and the extra fiber from her online store. In the end, I felt that she was giving same advice I have read before from other celebrities (i.e.: Mariel Hemingway) but everything here was directed towards making us buy more of her stuff. But the book is entertaining and has some good things. If you are a beginner in this type of advice, you will benefit from it. If you've been eating clean and exercising, perhaps not.

55 of 58 people found the following review helpful. Finally a book about Aging that is hopeful!By terrifiedI have worked with Dr. Gottfried for years. Before her books. I can tell you hands down that she is one of the most intelligent, thoughtful, and articulate doctor-writers out there. I am so discerning about all the information out there in the world of fake news and charlatans especially in the health industry. Dr. Sara is the real deal. She is a perfect blend between traditional medicine and cutting edge practices. Now about YOUNGER: I just finished the book and couldn't put it down. I am a health book junkie, but this book is different. It has the science and research in it. Her MIT and Harvard educations are evident. And, that is what distinguishes Dr. Sara from the rest. I am a healthy skeptic but willing participant in all this new functional medical protocol. I've been very interested in exploring my DNA and genetic variants so I can better understand what actions I need to take to put the cards in my favor (epigenetics). YOUNGER is so full of very tangible actions I can take to override my wonky genetics. She is very generous with her research and resources. She spent a lot of time researching and it shows in the book. I also love her humor, humility, and vulnerability in this book. She reveals her own struggles which helped me feel like I'm not the only one who works so hard daily to just maintain my health in middle age and beyond!

0 of 0 people found the following review helpful. Please read this book!By T. AllenGood intro to eugenics and the basics of caring for your own health. Should be on every Americans book shelf for reference BEFORE you get sick. I've been studying this for two years to deal with my Lyme disease and I still learned new stuff. You need to read this!

The New York Times bestselling author of *The Hormone Cure* and *The Hormone Reset Diet* shows every woman how to create a lifestyle that will help her look great, feel energized, and slow down the effects of aging. Feel destined for cellulite, saddle bags, and belly fat? Does your family come from a long line of Alzheimer's, cancer, or heart disease? Will nothing help your aging skin or declining libido or flagging energy? This book is for you. The body is magnificent but it doesn't come with a lifetime warranty, or an operating manual. You're the result of millions of years of evolution, but many of the adaptations that helped your ancestors survive are now working overtime to accelerate the aging process. The assumption here is that we are our genes and therefore trapped by the past. The good news is that your genetic code—the DNA sequence that is the biochemical basis of heredity—can play a minor role in the way you age. The scientific reality is that 90 percent of the signs of aging and disease are caused by lifestyle choices, not your genes. In other words, you have the capability to overcome and transform your genetic history and tendencies. Harvard/MIT-trained physician Sara Gottfried, M.D. has created a revolutionary 7-week program that empowers us to make the critical choices necessary to not just look young, but also feel young. Dr. Gottfried identifies and builds this book around the five-key factors that lead to accelerated aging—the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. The 7-week program addresses these factors and treats them in an accessible and highly practical protocol and is as follows: Feed Week 1, Sleep Week 2, Move Week 3, Release Week 4, Expose Week 5, Soothe Week 6, Think Week 7. Younger increases not only your lifespan, but also your healthspan. Dr. Gottfried's program makes it possible to change the way you age, stay younger longer, and remain healthy and vibrant for all of your days.

Younger is the breakthrough book we've been waiting for on DNA, epigenetics, and aging. It is a stunning achievement by one of our wisest and most thoughtful women physicians. Don't wait for a scary diagnosis—start the Younger protocol without delay. (Mark Hyman, M.D., New York Times bestselling author and director of the Cleveland Clinic Center for Functional Medicine) Mind blown. Prepare to completely shift your paradigm around aging. Dr. Sara makes the latest science accessible to show you how to de-age your body and lengthen your health span. This book is a stunning, epic achievement. (JJ Virgin, New York Times bestselling author of *The Virgin Diet*) Gottfried speaks to the secret question of a generation: Now that we have things figured out, how do we stay on the planet long enough to live what we finally know? Her guidance is an invaluable resource to those who feel we are spiritually youthening as we physically age. (Marianne Williamson) From the Back Cover The scientific reality is that 90

percent of the signs of aging and disease are caused by lifestyle choices, not genes. Why then do so many of us still feel destined for cellulite, saddle bags, and belly fat? Why do we worry about the long line of Alzheimers, cancer, and heart disease in our families? Why do we tolerate sagging skin, flagging energy, and lowered libido as we grow older, writing them off as inevitable? We are not victims of our age. Our symptoms are both controllable and avoidable. There is a way to slow and even reverse the signs of aging, combat genetic illness, control and determine the expression of genes, and even improve health as we age. The body is magnificent, but it doesn't come with a lifetime warranty or an operating manual. You're the result of millions of years of evolution, but many of the adaptations that helped your ancestors survive are now working overtime to accelerate the aging process. The assumption here is that we are our genes and therefore trapped by the past. The good news is that our genetic code—the DNA sequence that is the biochemical basis of heredity—can play a minor role in the way we age. In other words, we have the capability to overcome and transform our genetic history and tendencies. Harvard/MIT-trained physician and New York Times bestselling author of *The Hormone Reset Diet* Sara Gottfried, M.D., has created a revolutionary seven-week program that empowers us to make the critical choices necessary to not just look young, but also feel young and live longer. There are five key factors that lead to accelerated aging: the muscle factor, the brain factor, the hormone factor, the gut factor, and the toxic fat factor. Dr. Gottfried's seven-week program addresses these factors and delivers an accessible, practical plan to not only increase our life spans, but also our health spans, making it possible to change the way we age, stay younger longer, and remain healthy and energetic for all of our days. Imagine going through life with clear labels on all the things that age us . . . and on the things that keep us young, energetic, and healthy. Now with *Younger* by Sara Gottfried, M.D., this possibility has become a reality. About the Author Sara Gottfried M.D. is the author of the critically-acclaimed #1 bestselling book, *Younger: A Breakthrough Program to Reset Your Genes, Reverse Aging, and Turn Back the Clock 10 Years*. Her book is now available for preorder and you can submit your receipt to TheYoungerBook.com to obtain bonuses and get started. Dr. Sara, as she is known to many, previously published two New York Times and bestselling books, *The Hormone Cure* and *The Hormone Reset Diet*. She is a Harvard- and MIT-educated physician, speaker, yoga teacher, and author. For the past 25 years, Dr. Sara has practiced functional medicine as a board-certified gynecologist. Her unique mission to change the conversation about women's health has galvanized a large community of empowered women. Dr. Sara lives in the San Francisco Bay Area with her husband and two daughters. Learn more at SaraGottfriedMD.com.