



Life Beyond 100: Secrets of the Fountain of Youth

C. Norman Shealy

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Using today's most leading-edge therapies and breakthroughs in the science of longevity, a pioneering holistic physician shows how we can healthfully age to one hundred, and beyond.

By following commonsense habits, we can expect an average lifespan of one hundred years. Adding the life-enhancing effects of natural DHEA restoration, stress reduction, meditation, reduced caloric intake, and a range of mind/body techniques may, however, give us another forty years of active, healthy living. Therein lies the available "fountain of youth." These are the conclusions of Dr. C. Norman Shealy after a long career in medicine and, in recent years, as one of the leading spokesmen of alternative medical treatments.

The result of years of clinical practice and research, Youthful Aging also exposes the fallacies behind many of the claims of the medical profession and the pharmaceutical industry. These two groups, says Shealy, rather than increasing people's life expectancy, create the opposite effect, consigning hundreds of thousands of people to an often miserable and premature old age. As a counterpoint, this revealing book provides the most ambitious-yet medically grounded and practical-longevity program available.

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