



## Stay 40: Without Diet or Exercise

*Richard Lippman*

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**Why should our bodies become broken and then fixed? Why not fix them in advance of the damages caused by aging?**

If the predictions of our present-day scientists are right, most major diseases should be curable by the year 2026. Still, these medical advances will increase the average lifespan by a mere twelve years. And we'll still be stuck with the same ravages of aging: wrinkled skin, slowed reaction times, depression, weight gain, memory loss, declining libido, crippled bodies.

Not a lot to look forward to, is it?

Until now, celebrity doctors such as Mehmet Oz and Andrew Weil have addressed this issue by advocating losing weight, exercising more, and eating a Spartan diet. But new research has shown that an improved lifestyle is only 20% of the answer. This 20% barely scratches the surface: The remaining 80% mother lode of anti-aging medicine has yet to be mined.

This book explores that 80%.

The new remedies presented in this book - most of which are known only to those knowledgeable in anti-aging medicine - can slow, prevent, or even reverse many elements of aging without special diets, cosmetics, surgery, and heavy aerobic exercise. In this book, Dr. Lippman - a Nobel Prize nominee for his research in anti-aging medicine - explores this new frontier to give readers advice that really works.

Stay 40 without diet or exercise will guide the reader in creating a tailor-made anti-aging program, actually healing or reversing some aspects of aging, such as cataracts and clogged arteries, without surgery. The reader is encouraged to start a personal program to resolve many age-related pre-diseases - such as sub-clinical Type 2 diabetes - that many Americans over thirty encounter, but few doctors will treat until they become full-blown diseases.

While Dr. Lippman acknowledges the importance of exercise and specialized nutrition (the 20% standard staples of any anti-aging therapy) he emphasizes the remaining 80% of his new therapies.

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