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Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger

By Eric Braverman



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Break the aging code and feel 15 years younger?from the inside out.

"Focusing on the critical role of hormones produced by the brain, Dr. Braverman outlines a totally integrative program to restore hormonal balance and thereby restore readers to a younger, healthier, and more vital self, regardless of chronological age."

--Nicholas Perricone, M.D., FACN, Bestselling author of *7 Secrets to Beauty, Health, and Longevity, The Perricone Weight-Loss Diet, The Perricone Promise, The Perricone Prescription, and The Wrinkle Cure*

"*Younger You* is an interesting and logical approach to preventing, diagnosing, and modifying the aging process."

--Isadore Rosenfeld, M.D., Rossi Distinguished Professor of Clinical Medicine, New York Hospital Weil Cornell Medical Center, and author of *Live Now, Age Later, Power to the Patient, and Doctor, What Should I Eat?*

"Just as Dr. Braverman says, we are only as young as our oldest part. This book is not just for us, but for our children, who can make changes to their diet and lifestyle now and reap the rewards later."

--David Perlmutter, M.D., FACN, Director, Perlmutter Health Center and author of *The Better Brain Book*

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Editorial Review

From the Back Cover

Break the aging code and feel 15 years younger--from the inside out.

In the constant battle to stay young and feel fit, we will try any of the quick fixes that come on the market, including so-called miracle products, fad diets, trendy exercise programs, and untested supplements. Many even risk elective surgical procedures just to look young again. But you don't need surgery, pricey cosmetics, or starvation to look and feel 15 years younger. The secret to living a longer, more vibrant life has at last been discovered, and the proverbial fountain of youth is right in your hands.

"Younger You" shows you step by step how to: Get a restful, restorative night's sleep and have Improve your mood by increasing your natural hormone levels Help your heart with natural supplements Use herbs and spices to help prevent heart disease Continue to enjoy an active sex life Increase your muscle mass, boost your memory, build your bones, save your skin, and much more!

Dr. Eric Braverman, a leading expert in anti-aging medicine, has skillfully combined conventional wisdom with his unique knowledge of the workings of the brain to unravel the mystery of what makes us age and how disease in one area affects the entire body. By identifying the distinct parts of your body that are aging most rapidly, you can crack your own aging code and turn back time. While the aging code is our biological destiny, it can be broken by affectively treating these weakest links. Serious health conditions including heart disease, arthritis, osteoporosis, depression, and even Alzheimer's disease are no longer inevitable. The more subtle signs and signals of aging can be prolonged and even reversed, so you never have to deal with obesity, wrinkles, age spots, deteriorating strength, diminished libido, or other symptoms of aging. Dr. Braverman gives you all the information you need to break your own aging code and start living a healthier, longer life now.

"Younger You" has doctors talking . . .

"Dr. Braverman zeroes in on a very important concept: the need to keep all organ systems healthy and functional. Most important, he also offers provocative methods for doing just that."

--Julian Whitaker, M.D.

Founder, Whitaker Wellness Institute and author of "Health & Healing Newsletter"

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"'Younger You' is an interesting and logical approach to preventing, diagnosing, and modifying the aging

process. . . . Baby boomers will find much in these pages to protect and reassure them."

--Isadore Rosenfeld, M.D.

Rossi Distinguished Professor of Clinical Medicine, New York Hospital Weil Cornell Medical Center, and author of "LiveNow, Age Later," "Power to the Patient," and "Doctor, What Should I Eat?"

About the Author

Eric Braverman, M.D., is the director of the Place for Achieving Total Health (PATH) Medical Centers in New York and Philadelphia. The author of several books on health, including the bestselling *The Edge Effect*, he runs a thriving practice in New York City.

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Robert Carlson:

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