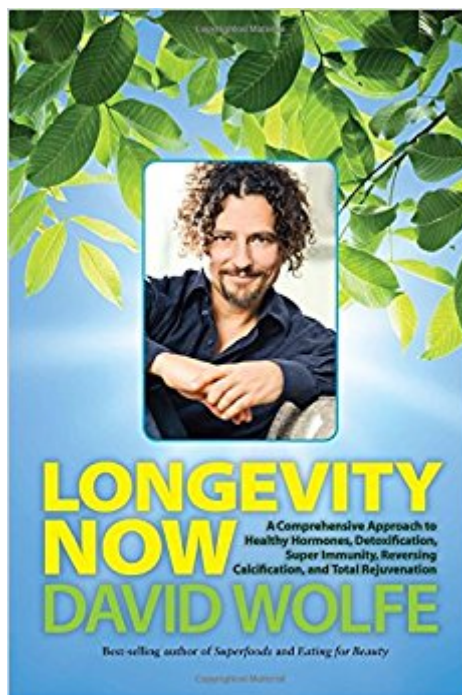




Ebook Directory
the best source of ebook

The book was found

Longevity Now: A Comprehensive Approach To Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, And Total Rejuvenation



Synopsis

Lose weight, boost your immunity, cleanse your blood and organs, and live longer and happier with this comprehensive five-part approach created by leading nutrition and raw food authority David Wolfe. In *Longevity Now*, Wolfe exposes the number-one cause of all degenerative illness and aging: calcification. Caused by an excess of calcium and the presence of nanobacteria, calcification can be found in some degree in virtually every adult and even some children. It leads to a plethora of illnesses and manifests as achy joints, hardened arteries, cellulite, cysts, kidney stones, gallstones, dental plaque, cataracts, and bone spurs, among many other health problems. By breaking down calcification and removing parasites, heavy metals, and other "unwanted guests" from your system, you can reverse the aging process and eliminate the prospect of degenerative disease from your future. Part 1 of the Longevity Now Program focuses on supplements to dissolve the buildup of calcium in your system, leading to freer movement, a clearer head, and a lighter step. Part 2 focuses on boosting your immunity, using a variety of supplements to make your body as resilient as possible. Part 3 focuses on rejuvenating each and every cell of your body with nutrient-packed supplements and superfoods. Part 4 focuses on using special electromagnetic grounding technologies to eliminate parasites and reconnect you with the rhythmic cycles of Earth's energy field. Part 5 focuses on deep-tissue bodywork and yoga, so that you can move blocked energy around and break up stagnation in typically unaccessed parts of the body. In addition to all this, Wolfe offers abundant additional information to help you more fully live the Longevity Now lifestyle, such as foods to avoid, healthful alternative sweeteners, delicious recipes, and more tips and tricks to keep you on the path of rejuvenation, radiant health, and full-throttle vitality.

Book Information

Hardcover: 416 pages

Publisher: North Atlantic Books; 1 edition (November 12, 2013)

Language: English

ISBN-10: 9781583946145

ISBN-13: 978-1583946145

ASIN: 1583946144

Product Dimensions: 6.3 x 1.1 x 9.3 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 108 customer reviews

Best Sellers Rank: #328,625 in Books (See Top 100 in Books) #48 in *Books > Health, Fitness*

& Dieting > Aging > Diets & Nutrition #138 in [Â Books > Cookbooks, Food & Wine > Cooking Methods > Raw](#) #329 in [Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses](#)

Customer Reviews

“Longevity Now provides a fine, in-depth approach to healthy hormones, immunity, and system-wide rejuvenation ... Beginners to advanced health and nutrition students will find this packed with detail and keys to living not just longer, but healthier!”
• Midwest Book Review
“In today’s environment of processed foods, chemical additives, and genetically engineered products this book gives alternatives, both ordinary and obscure, that one could use to...lead to a longer life.”
• BookPleasures.com

The author of best-selling raw-food books such as *Superfoods* and *Eating for Beauty*, as well as one of the world’s leading authorities on raw-food nutrition, DAVID WOLFE conducts 70 to 80 health lectures and seminars and hosts at least 5 health, healing, and beauty retreats each year at various places around the world. He is also the celebrity spokesperson for NutriBullet Superfood Nutrition Extractor. Visit his website at www.davidwolfe.com.

I bought this book quite some time ago, but didn’t start reading it right away due mostly to enjoying watching David Wolfe on UTube. After viewing the 10 DVDs from David’s 2009 Longevity Conference, my thirst for more of David’s knowledge was reignited and I started reading the book. It is absolutely packed with amazing valuable health improving information. It’s the kind of book you have to keep handy as a reference tool.

Very well written and his advise explained in detail . Only drawback, I feel, is how long this reverse lifestyle would take and expense of it. Everything is not available in smaller cities and there are a great deal of products.

Another great item from David Wolfe

I was so impressed with David’s book. There is so much information in this book. I’ve been following David for a few year’s and making all the healthy drinks he makes.

If you need health info this will give you a lot of great information.

David always has the most up to date information on health and wellness. I have never been disappointed in anything I have read from him. I have been following him since 2003 and the information just keeps getting more and more revealing of how to stay young and vibrant.

I am enjoying some of his information but a lot of the recipes are things I've never heard of or seem like it's going to be hard to find.

Great condition and good price.

[Download to continue reading...](#)

Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Soul Mind Body Science System: Grand Unification Theory and Practice for Healing, Rejuvenation, Longevity, and Immortality Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity: The Miracle of Cellular Rejuvenation Super Immunity: A Breakthrough Program to Boost the Body's Defenses and Stay Healthy All Year Round Super humans, and Super Heroes edition 3: How too Cause Super humans and Super Heroes with Quantum Physics Super Mario Run:Diary of Super Mario: Super Run for coins! (Unofficial Super Mario Run Book) The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation Complete Vitamix Blender Cookbook:Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade ... & Much More (Vitamix Recipes Series Book 1) Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes for Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin & Hair Creams & Much More Men's Hormones Made Easy: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT: Bioidentical Hormones, Book 8 IÃ¢â¬âm a Girl, Hormones! (For Ages 10 and Older): Anatomy For Kids Book Explains To Older Girls How Hormones Are Changing Their Body (I'm a Girl) Hormones, Health, and Happiness: A Natural Medical Formula for Rediscovering Youth with Bioidentical Hormones Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs Balancing Your Hormones With Essential Oils: How Essential Oils Can Help To Reset Your Hormones Low Calorie & Fat: Healthy Breakfast

Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) New Juicing Recipes to Live Healthy: Best Vegetables & Fruits Juicing Diet Book for Weight Loss, Fasting, Detoxification, Diabetes, Cleanse & Cancer(Updated) Turning Off Breast Cancer: A Personalized Approach to Nutrition and Detoxification in Prevention and Healing Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free The Total Latin Guitarist: A Fun and Comprehensive Overview of Latin Guitar Playing , Book & CD (The Total Guitarist)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)