



Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process, The

By Jean Carper

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In *Stop Aging Now!*, Jean Carper -- winner of the 1995 Excellence in Journalism Award from the American Aging Association (the nation's leading group of scientists investigating the biomedical aspects of aging), nationally syndicated columnist and leading authority on health and nutrition -- documents how antioxidant vitamins, minerals, herbs and food chemicals are the magic youth potions humans have been seeking for centuries.

Based on exciting new scientific findings from leading institutions, *Stop Aging Now!* reveals the stunning truth: Much of what we call aging is not inevitable, but is needless and can be prevented and reversed to a startling degree by supplements and foods. Indeed, aging is often due to unsuspected deficiencies that can be readily corrected, and even people in their sixties, seventies and eighties can turn back the clock and recover their youth.

Leading scientists have found that:

Vitamins can prevent and reverse memory loss and other signs of aging.

Vitamins and minerals can rejuvenate immune functions, restoring youthful resistance to infections and cancer.

Antioxidants in foods and supplements can help prevent clogged arteries, heart attacks and general bodily deterioration.

Many unfamiliar but readily available food chemicals can prolong life and preserve your vitality.

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Editorial Review

From Library Journal

Nationally syndicated columnist Carper (*Food: Your Medical Miracle*, HarperCollins, 1994) proposes that aging is a disease process that is correctable, preventable, and reversible. This premise, which is supported by current, nationally acclaimed biomolecular research, is based on the free-radical theory of aging. After discussing the biological mystery of aging in terms of free radicals and antioxidants, Carper formulates an "attack plan" that emphasizes the importance of vitamins, minerals, and appropriate foods. Accurate facts regarding the major vitamins and minerals are stated, with leading researchers revealing the prescribed "diet" of supplements they take daily. The effective use of subheadings enables the reader to focus quickly on pertinent facts, vitamins, etc. References are listed according to subject matter. Carper provides a wealth of informative tips for the lay reader serious about slowing down the aging process.

Linda Malone, DePaul Medical Ctr., Norfolk, Va.

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From [Booklist](#)

Popular nutrition writer Carper offers a quick, readable guide that focuses on stopping (and even reversing) the effects of aging on our bodies. Research suggests that aging happens after cells have been bombarded with "free radicals" for so long that they cease to function. Free radicals come in many forms (fats, pollutants, and even oxygen are included), and in a perfect world, they would be neutralized by natural antioxidants (such as vitamins E and C and garlic). However, when we neglect to feed our bodies these antioxidants, the free radicals do more damage--and hence we age. Carper, therefore, argues for an antioxidant-rich diet supplemented by megadoses of vitamins, thereby keeping our cells healthy and major diseases such as cancer and heart disease at bay. The first half of the book discusses the most important "antiaging" vitamins, and Carper details the types and doses of supplements we should take. The second half of the book recommends specific foods to eat and beverages to drink. Filled with illuminating facts about the American diet ("More than half of Americans do not eat a single serving of fruit, vegetables or fruit juice on any given day"), Carper also shares which vitamin supplements (and how much) researchers in the field take. However, dietary needs of growing children and pregnant women are covered only superficially. The book concludes with a list of medical and scientific writings that Carper referenced in researching this book.

Kathy Broderick

From the Publisher

Who wouldn't like to stay young as long as possible and even partially regain lost youth? At long last, it's possible. The fountain of youth is no longer a myth. Scientists have discovered the most basic reasons behind the aging process and amazingly simple ways to slow it down or reverse it.

In *Stop Aging Now!*, Jean Carper, the bestselling author of *Food -- Your Miracle Medicine*, has written a breakthrough, cutting-edge book documenting that the ravages of aging are not inevitable and, in fact, can be prevented or reversed. Written in Carper's lively and compelling style, *Stop Aging Now!* reveals how you can combat aging, as well as cancer, heart disease, immune dysfunction and other age-related diseases, by taking specific vitamins, supplements and herbs and eating an anti-aging diet.

Stop Aging Now! is based on hundreds of trailblazing studies by scientists from prestigious institutions, including Harvard University and the National Institutes of Health, who are discovering the incredible truth about the aging process: that much of it is not inevitable, and that what we call "normal aging" actually is

often due to unsuspected deficiencies that readily can be corrected by taking antioxidant vitamins, minerals, herbs and food chemicals.

In this exciting, groundbreaking guide, organized in an easy-to-use format, you will find out exactly which anti-aging supplements to take every day, and in what quantities, to forestall premature aging and regain vital functions. With *Stop Aging Now!* Jean Carper proves that everyone, at any age of life, can take action to slow down or reverse the aging process.

Users Review

From reader reviews:

Christopher Barnes:

Your reading 6th sense will not betray an individual, why because this *Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process*, The e-book written by well-known writer we are excited for well how to make book that can be understand by anyone who else read the book. Written within good manner for you, still dripping wet every ideas and producing skill only for eliminate your own hunger then you still question *Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process*, The as good book but not only by the cover but also with the content. This is one e-book that can break don't judge book by its cover, so do you still needing yet another sixth sense to pick this specific!? Oh come on your examining sixth sense already alerted you so why you have to listening to another sixth sense.

Elizabeth Brock:

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Agatha Draper:

That publication can make you to feel relax. This particular book *Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process*, The was colourful and of course has pictures on there. As we know that book *Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process*, The has many kinds or variety. Start from kids until youngsters. For example *Naruto* or *Detective Conan* you can read and think you are the character on there. Therefore not at all of book tend to be make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book in your case and try to like reading in which.

Mark Whitten:

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