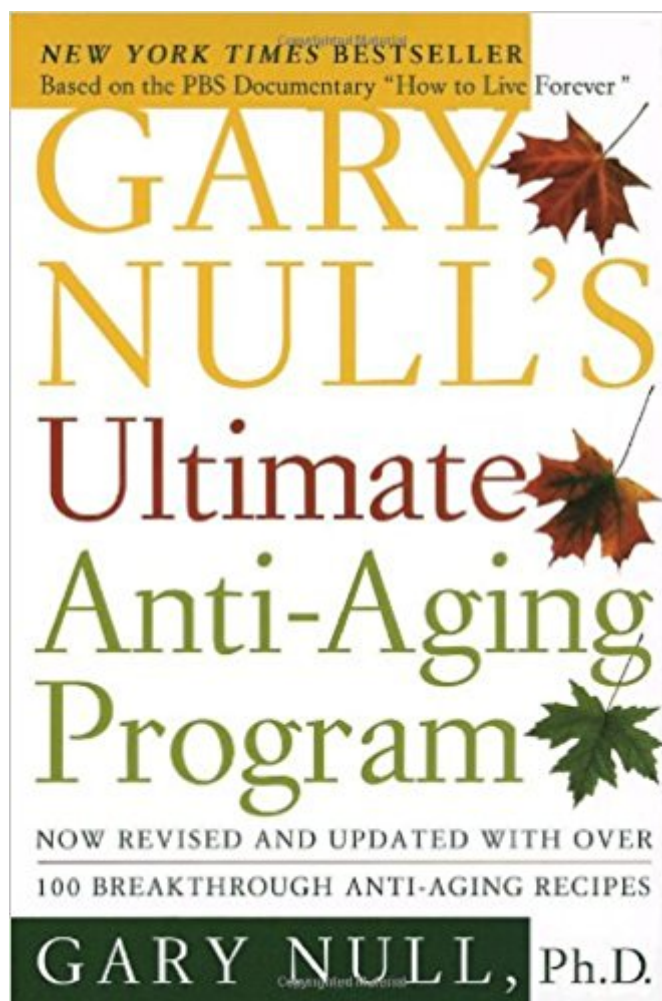


The book was found

Gary Null's Ultimate Anti-Aging Program



Synopsis

Now revised and updated with over 100 breakthrough anti-aging recipes. Would you like to look younger, feel better, and live longer? We begin to age the moment we are born. How well we do it and how long it takes depend entirely on how well we take care of ourselves. Now America's leading alternative health expert, Gary Null, offers a revolutionary new program to prevent and reverse the effects of aging, enabling you to rejuvenate your body and feel younger, stronger, and healthier than ever before. Based on Null's research with over one thousand volunteers who tested his comprehensive, four-part anti-aging regimen, Gary Null's Ultimate Anti-Aging Program brings you the same plan that transformed the bodies and mental outlook of the program's participants and was documented in the acclaimed PBS special "How to Live Forever." Grounded in the latest scientific findings on how and why the body ages, the program teaches you the safest, most effective ways to detoxify your body, fortify your immune system, and rebuild bones and muscles through nutrition and exercise. Null provides detailed information on the best supplements, nutrients, and alternative therapies available to fight cancer, arthritis, heart disease, osteoporosis, and dozens of other age-related ailments. By following the program you'll also be able to: Eliminate wrinkles Prevent gray hair and balding Maintain sharp eyesight Improve sexual performance End fatigue Stay mentally alert and improve your memory Reverse or eliminate menopause So throw out your calendar and turn back the clock--this life-changing guide offers everything you need to stay young and in peak condition for decades to come.

Book Information

Paperback: 608 pages

Publisher: Harmony (December 1, 1999)

Language: English

ISBN-10: 0767904362

ISBN-13: 978-0767904360

Product Dimensions: 6.1 x 1.3 x 9.1 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 3.4 out of 5 stars 71 customer reviews

Best Sellers Rank: #586,833 in Books (See Top 100 in Books) #81 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #4477 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #44523 in Books > Self-Help

Customer Reviews

With 50 books to his credit, Gary Null has long been an authority on alternative medicine. The host of the longest-running syndicated daily health radio program, Natural Living with Gary Null, he aims to set the record straight on the plethora of conflicting information about aging--and how to prevent its signs--with his Ultimate Anti-Aging Program. He tested the program on a group of 1,000 volunteers, who give glowing testimonials about their experiences: "I can see a marked improvement in my mind, spirit, and body

Though not a medical doctor, Null (Get Healthy Now) has authored many health books on subjects ranging from allergies to Native American healing. Central to this program is the author's conviction that aging results from the toxic effects of free radicals, molecules that have unpaired electrons that damage the body when they try to steal electrons from other cells. Eliminating or reducing toxins and stress from one's diet and environment can lessen the number of free radicals and thus slow, and even reverse, the aging process. Null advocates an exercise program and an organic vegetarian diet in conjunction with herb and vitamin supplements to detoxify the body. Lacking in both scientific data to support many of his claims and step-by-step directions to implement them, Null's "program," narrated by Robert Deyan, is mostly a description of the possible ways to treat a copious number of medical conditions. Also, an annotated listing of the supposed medical benefits of various natural substances and treatments, included on the last two tapes, is quite unsuitable for audio. Not recommended.-Beth Farrell, Portage Cty. Dist. Lib., OH Copyright 2000 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I have many of Gary Null's books (most in fact). I bought this one to give as a gift.

Student of Gary Null from years ago...had to part with my Null book collection...just replacing...I did manage to stay on the anti-aging diet for about a month..in my late 30's and it grew a few chest hairs..plus I could see at least on new sprout on my head, and it was dark brown, amongst my salt and pepper...I respect what Null teaches...he cites everything, and has a true passion for his work.

This book has 498 pages and it would seem at that length it would be packed with good information, and packed it is---with fluff. There are 79 pages of testimonials, 113 pages of appendices, and 130 pages in the chapter, "Is It Possible To Reverse Aging?". In fact, the so-called "protocol," the nucleus and the sole reason I bought this book is contained in 9 points no more than half-a-page long beginning on page 254. There are some inconsistencies in this. In point #8, Null says, "Olive

Oil should be used for cooking purposes." Then, on page 270 he says, "And the only oil we should use in cooking is macadamia oil, because it's the only one that is heat stable." Hello? So which is it? And there are omissions...in the section on grains, Null goes in to detail about the nutritive value of many grains, beginning with Amaranth, Barley, etc. When he gets to corn, he only describes cornmeal and grits. What about corn on the cob? Omission. When he gets to couscous and wild rice, he says absolutely nothing about their nutritional values. Omission. Then he talks about legumes. He's all over the place. Some legumes are described, others are listed with detail about their nutritional value. No consistency here. E.g., kidney beans. Null says they are probably the most popular bean and can be used in chili and soups and that 1-1/2 cups of dry beans yield 2 cups of cooked beans. And??? Overall, it seems as though Null was behind in the research and writing of this book and had to rush through parts of it in order to meet the publisher's deadline. He was probably short on pages, so included all the testimonials to fluff it up. I have learned a couple of things from this book, but I'm not sure I can believe it all because of the omissions, inconsistencies and contradictions within. I've learned more from Dr. Weil's books and would not purchase any more of Null's books for this reason.

I was very disappointed in this book! I have no doubt that Null has witnessed the success he claims, and I purchased this book because I expected to be able to implement his "program". Given the title of this volume, that did not seem to be unreasonable. Unfortunately, it is never presented! If you comb through the hundreds of poorly organized pages, you will find a few snippets of the program. But that is not enough. OK, Null, you "sold" us on your program...will you give us the details in your next book?!

I was rather disappointed with this set of tapes. Some of the topics were really not that innovative. Check topics thoroughly before buying.

Love It!

love all Gary Null's info.

This book was very poorly organized and seemed to be fraught with inconsistencies. His 'research' seemed to consist of telling us the names of various grains, legumes, vitamins, etc and some of their beneficial properties. I could do that type of 'research' myself, and I don't have a background in

nutrition. There is really no set *program*, or at least one I could find. Some segments seemed to be painfully detailed, and other parts seemed to be written in a hurry, without much information. He never mentions where he studied or what his PhD is in....I'm pretty sceptical. Also, I have seen him on PBS and think he looks kind of old. He never reveals his age. But he looks gaunt, his hair seems dyed (!) and it appears as if he's wearing a good deal of make-up. For someone who eats "the equivalent of several hundred pounds of vegetables a day" (come on! who has the time or money to even afford this?) he's not looking too well. Maybe if he's in his 80s, but somehow I doubt it.

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