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Stop Aging, Start Living: The Revolutionary 2-Week PH Diet That Erases Wrinkles, Beautifies Skin, And Makes You Feel Fantastic



Synopsis

Though other skin-care experts have identified free radicals and cellular inflammation as key triggers to the breakdown of healthy skin, renowned dermatologist and former National Institutes of Health fellow Jeannette Graf, M.D., has discovered a way to prevent these saboteurs from developing in the first place—rather than just treating the symptoms they’ve caused. Based on the scientifically groundbreaking premise that our cells—and consequently our skin—can only function best when the pH balance of our body is at its proper level, Dr. Graf’s four-part plan focuses on changing your body’s ratio of acids to alkalines. Most of us tend to eat three acidic-building foods (like sugar, refined carbs, meat, and dairy) for every one alkalizing food (dark green leafy vegetables, garlic, onions, olive oil, lemon, fruit, nuts and seeds, and whole grains)—the reverse of the ideal ratio. And while changing your diet is important, food is not the only way to shift this ratio or reverse the cell aging that’s affecting your skin. The plan also includes detailed information on: daily alkalizing “cocktails” • quality calcium-mineral supplements • probiotic supplements (good bacteria in a bottle) • how to assess your skin and care for it accordingly • choosing the right cleansers, moisturizers, and treatments that will give you the most noticeable results (hint: many of these products line the shelves of your local drugstore) • the joy prescription: activities that can add exhilaration and laughter to your life and increase the neuropeptides in the brain that actually rejuvenate skin cells • nutrients in foods that enhance cell energy production and cell signaling But don’t just take her word for it: Stop Aging, Start Living is filled with testimonials from her patients. Whether you want to see results fast (with her twenty-four-hour kickstart plan), ease into it (with the two-week prescription), or just incorporate a few Stop Aging, Start Living strategies into your life as they suit you, you’ll come away looking and feeling incredibly younger. From the Hardcover edition.

Book Information

File Size: 670 KB

Print Length: 258 pages

Page Numbers Source ISBN: 0307382370

Publisher: Harmony; 1 edition (September 11, 2007)

Publication Date: September 11, 2007

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B000VSPVMI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #836,740 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin

Care #61 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #120

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Customer Reviews

I read a lot of nutrition and health oriented books so I tend to judge them by whether I learned anything new, found the theory credible and finally whether or not the practice was something real people could actually do in the long term. When I first read about pH diets, the list of acceptable foods was so limited (not to mention unappetizing!) that I concluded it was a credible but not workable system for normal people. This book however is open that a "pure" approach might exclude certain foods but no one is going to follow it for more than a day or two. The author instead provides options and ways of mitigating potentially acidic foods and beverages. She discusses possible substitutes or alternatives. There isn't the usual big push to buy products that some "skin docs" are guilty of doing. The style is breezy and readable as well with ample sources and credits.

This book make some great suggestions from one of New York City's top dermatologists.

I use Dr Graf's products, and THEY WORK! So, I knew her book, would give me, alot of her secrets, to doing the best I could do, for my skin. I was right. Her book is so infomative, and easy to read. You would be surprised at the things she tells you, and she gives you step by step, day by day routines to follow. Thanks again Dr Graf!

Fantastic book, Fantastic Greens Plus Powder! I can already see a difference in my energy, skin and youthfulness. Will continue to purchase the Greens plus Powder that this book advocates using. Ms. Graf mentions several, but after trying Greens Plus Powder --- that's the one for me. Great flavor!

Great information! I'm an esthetician and am passing on the title of the book to my clients.

I've only just finished it and putting it to practice so I don't have an outcome but it is easy reading and nothing complex.

Wonderful information. I love this book!!! I recommend this book to everyone. Thanks for making this information readily available. Buy it!

Lots of good information. I haven't stopped aging, but I tried. :)

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