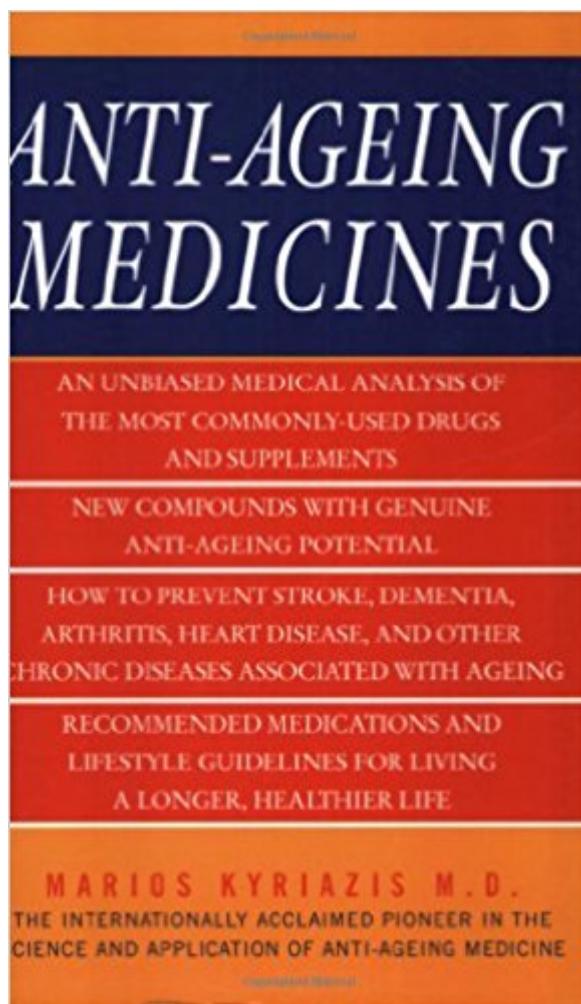


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Anti-Ageing Medicines: The Facts, What Works And What Doesn't



Synopsis

Today we are all increasingly aware that many facets of the ageing process and many chronic conditions often associated with age, such as stroke, dementia, arthritis and heart disease, are preventable. With this knowledge and the growing realization that we do not need to succumb to many of the problems associated with ageing, an insatiable demand has been created for wonder drugs, miracle cures and all manner of remedies and supplements. Not surprisingly, they are not all as effective as they claim! Longevity expert Dr Marios Kyriazis analyses all of the most commonly recommended remedies, and expands on their strengths and weaknesses. Armed with this knowledge, you will be in a position to make your own choice, in association with your health practitioner, as to the best product to try and the results you are likely to achieve. In this detailed and indispensable guide Dr Kyriazis also provides realistic and easy-to-follow advice on the prevention of a wide range of age-related problems using a combination of lifestyle guidelines and recommended medication.

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