



## 10 Reasons you feel old and get fat: And How You Can Stay Young, Slim and Happy!

By Lipman, Frank

Hay House, 2016. Paperback. Book Condition: New. 18.3 x 18.3 cm. Like most people in our society, you might see the years from the age 30 onward as a slow, painful decline marked by the following outcomes: weight gain, fatigue, mysterious aches and pains, illnesses, memory issues, low libido, and sadness and anxiety. Contrary to popular belief, the real obstacle for most of us isn't age?it's loss of function. Our bodies are perfectly capable of remaining slim and vigorous, and our brains can absolutely stay clear and sharp?if we give them what they need. The problem is that most of us don't do that. We don't realize what our bodies need, so we eat the wrong foods, skimp on sleep, and deprive our bodies of the movement they crave. Overwhelmed by the stresses and the pressures of our lives, we take a host of prescriptions, never realizing how they might be disrupting our body's innate ability to heal. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline. A pioneer and internationally recognized expert in integrative and functional medicine,...



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