



### Stopping Time: Natural Remedies to Reverse Aging

By Winifred Conkling

ibooks. Paperback. Book Condition: new. BRAND NEW, Stopping Time: Natural Remedies to Reverse Aging, Winifred Conkling, What's even better than ageing gracefully? Hardly ageing at all! While no one can stop the chronological clock, natural remedies can dramatically slow down your biological one. New nutritional discoveries and ancient therapies used for hundreds, even thousands of years in the Far East can keep you vital, healthy, and youthful. They can also work miracles in stopping or reducing the effects of many chronic diseases associated with getting older. This comprehensive guide gives you a complete holistic approach to ageing, including the latest information on: Natural plant hormones for safe oestrogen replacement; Exercise to reduce cholesterol; Garlic as a tranquiliser; Vitamin C for gall bladder disease; Organic infusions for wrinkle prevention; Alternative therapies to reverse diabetes, dental problems, cardiovsacular disease, and more.



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