



Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively

Doctor X

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This unique book provides a database of the most effective anti-aging compounds currently available, giving practical advice on exactly how to implement their use into your life extension program. The compounds listed have been divided into four separate classifications, consisting of pharmaceutical drugs, peptides, bio-identical hormones, and over-the-counter supplements. In each section, and for each individual compound, the author tells you exactly how they work in the body, what the anti-aging / life extension benefits are, plus advice on the most effective dosage and administration methods. The book has been written in an easy to understand style, with the minimum necessary use of technical terminology. It is a practical hands on guide that the layman should find easy to implement and, wherever possible, information has been kept simple and to the point.

A few words from Doctor X: "Maximizing healthy lifespan. The subject is my passion, perhaps my obsession. Whichever it is, my intention is that we both shall benefit. That is why this book was written. Sadly there appears to be a severe lack of information available, both in current publications and online, regarding how to effectively put together a comprehensive, optimized, synergistic supplementation program. One that will effectively extend life while maintaining sharp mental function and preventing disease as we age. I often have new clients seek my advice regarding optimizing their current supplementation programs, and I cannot tell you how many times I have been horrified at the mish mash of random compounds they had been taking, often at the wrong dosage and incorrect frequency. This book seeks to address this issue, offering information and advice on each of the best anti-aging compounds, including exactly how to combine them in an effective supplementation program, based on your level of experience and available commitment."

The author has personally used and evaluated every single compound listed, and continues to use many on an indefinite basis. The information provided in this book is based on the resultant knowledge gained from the author's many years of personal human lab rat experiments, the invaluable feedback of his clients, and the findings of independent scientific studies. The following compounds are covered in detail by this publication:

Acetyl-L-Carnitine, Alpha Lipoic Acid, Aspirin, Astaxanthin, Bio-Identical Hormones, Centrophenoxine, CJC-1295, Curcumin, Deprenyl, DHEA, Enzymes, Epitalon, Estrogen and the Menopause, Gerovital (GH3, KH3), Green Tea Extract, Growth Hormone, Hydergine, Iodine, Ipamorelin, L-Carnosine, Magnesium, Melatonin, Metformin, MSM, NAC (N-Acetyl Cysteine), Omega-3 (DHA/EPA), Peptides, Phosphatidylserine, Piracetam, PQQ, Pregnenolone, Probiotics, Progesterone, Rapamycin, Resveratrol, SAmE, Selegiline, TA-65, Testosterone and the Andropause, Thyroid Hormone, Thyrotropin Releasing Hormone (TRH), Trimethylglycine (TMG), Ubiquinol (CoQ10), Vitamin B12, Vitamin D3, Vitamin E Tocotrienols and Tocopherols, Vitamin K2, Zeolite.

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William Henslee:

The guide with title Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively includes a lot of information that you can understand it. You can get a lot of gain after read this book. This particular book exist new expertise the information that exist in this publication represented the condition of the world right now. That is important to you to understand how the improvement of the world. This book will bring you with new era of the internationalization. You can read the e-book in your smart phone, so you can read the item anywhere you want.

Jessica Palmer:

A lot of people always spent their own free time to vacation as well as go to the outside with them family or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you need to try to find a new activity this is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day long to reading a reserve. The book Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively it is extremely good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to develop this book you can buy often the e-book. You can more very easily to read this book through your smart phone. The price is not too costly but this book possesses high quality.

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