



You Are Never Too Old to Become Young: A Revolutionary Approach to Reversing the Aging Process

Dr. Shawn Miller, Dr. David Carmos

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Many experts claim it is impossible to "reverse aging". Shawn Miller and David Carmos prove that aging is not so much time as it is lifestyle. Combining their "anti-density theory" with good nutrition., healthful food preparation (with nearly 100 new & original recipes), cutting edge research (with documentation), special sections on developing vitality and a level and definition of Health beyond anything most people are aware of: all topped off with a Rejuvenation Exercise Program second to none and a series of Acupoints for self help in Backache, depression, concentration, constipation, hot flashes and more!

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