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Schwarzbein Principle II the Transition

By Diana Schwarzbein

HarperCollins Publishers. Hardback. Book Condition: new. BRAND NEW, Schwarzbein Principle II the Transition, Diana Schwarzbein, In her very successful book, "The Schwarzbein Principle," renowned endocrinologist Diana Schwarzbein introduced her scientifically proven conclusion that degenerative diseases are not genetic, but acquired. Many studies have supported this, proving that life expectancy is 75 to 90 percent due to habits and only 10 to 25 percent due to genetics. This means that someone who is genetically destined to die at age 100 may not live past age 60 because of poor habits and lifestyle choices that cause accelerated aging and premature death. Conversely, a person can live to 100 and be functionally healthy. In this highly anticipated follow-up, Diana Schwarzbein, M.D., goes beyond the diet she introduced in her first book-which literally helped thousands of people lose weight-and offers a personalized anti-aging program for readers to heal their metabolisms and stop advanced aging in its tracks. Weaving in groundbreaking research and provocative case studies-including her own regeneration and that of her clients-she leads readers through a series of eye-opening questionnaires, which identify where they are on their path to either accelerated or healthy aging. Based on readers' answers, she leads them to the...



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Reviews

The book is great and fantastic. Better then never, though i am quite late in start reading this one. I realized this publication from my dad and i advised this ebook to find out.

-- **Dr. Blair Mann**

Just no phrases to describe. It typically does not price an excessive amount of. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Felton Hessel**