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# The Longevity Paradox How To Die Young At A Ripe Ol

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Summary of The Longevity Paradox by Dr. Steven R. Gundry, MD

The Great Cholesterol Myth, Revised and Expanded

Grow a New Body

The Longevity Paradox

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Summary & Study Guide - The Longevity Paradox

Summary Of The Longevity Paradox

SUMMARY: The Longevity Paradox: How to Die Young at a Ripe Old Age: By Steven

Gundry M.D. | The MW Summary Guide

SUMMARY - The Longevity Paradox: How To Die Young At A Ripe Old Age By Dr.

Steven R Gundry MD

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Résumé De "THE LONGEVITY PARADOX - HOW TO DIE YOUNG AT RIPE OLD AGE"

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Dr. Gundry's Diet Evolution

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The Energy Paradox

The Longevity Paradox

How to be Well

Summary of the Longevity Paradox: How to Die Young at a Ripe Old Age

Workbook for the Longevity Paradox

The Best American Science Writing 2011

*The Longevity Paradox  
How To Die Young At A  
Ripe Ol*

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**FITZPATRICK CASSIUS**

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**Summary of The Longevity Paradox  
by Dr. Steven R. Gundry, MD** North  
Atlantic Books

Can what you eat determine how long,  
and how well, you live? The clinically  
proven answer is yes, and The Longevity  
Diet is easier to follow than you'd think.  
You can live a long and healthy life.

There is no magic pill or Fountain of  
Youth, but you can achieve it with simple  
lifestyle modifications: 1.Eating the right  
foods 2.Getting the right exercise  
3.Reducing and managing stress  
4.Improving the quality of sleep  
5.Eliminating tobacco 6.Remaining  
intellectually engaged 7.Staying involved  
socially

**The Great Cholesterol Myth, Revised  
and Expanded** Harvard Common Press  
An Easy to Digest Summary Guide...

★☆☆BONUS MATERIAL AVAILABLE

INSIDE★☆☆ The Mindset Warrior

Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? ☐ Maybe you haven't read the book, but want a short summary to save time? ☐ Maybe you'd just like a summarized version to refer to in the future? ☐ Inside You'll Learn: \* What the 5 longest living populations have in common (It's probably not what you think) \* The so-called healthy mineral—found in many foods and supplements—that speeds up the aging process. \* How to eat dairy without all the hidden harmful side

effects that lead to premature aging. \* What to eat and what to avoid in order to preserve brain health well into old age. \* And much more... In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.. NOTE: To Purchase the "The Longevity Paradox"(full book); which this is not, simply type in the name of the book in the search bar of your bookstore.

[Grow a New Body](#) HarperCollins

PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser: <https://amzn.to/2E9FAzt> Renowned heart surgeon and bestselling author Dr. Steven Gundry takes us on a journey deep into the human gut to

explain how your gut bacteria work to keep you healthy and young. He provides solutions to major health issues and suggests you take a fresh approach to your diet and lifestyle if you want to age gracefully and die young on the inside. What does this ZIP Reads Summary Include? - Synopsis of the original book - Key takeaways from each chapter - A guide to the best and worst foods to increase longevity - Simple diet and workout tips to live longer - Why your gut bacteria could be killing you - Editorial Review - Background on Dr. Steven Gundry About the Original Book: There are a lot of aging myths out there, and Steven Gundry does his best to bust most of them. Forget what they told you - Aging is not normal and your longevity isn't dependent on genes! Aging is

simply the result of consuming lectins and other toxic compounds that destroy the good gut bacteria. All you have to do is take care of the good bacteria in your gut and eliminate the bad ones. By feeding the good guys the right foods and staying away from toxins, they, in turn, will strengthen your immune system and keep you healthy and strong for as long as possible. DISCLAIMER: This book is intended as a companion to, not a replacement for, The Longevity Paradox. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. Please follow this link: <https://amzn.to/2E9FAzt> to purchase a copy of the original book.

**The Longevity Paradox** Fair Winds Press

From the New York Times bestselling author of *The Plant Paradox* comes a guide to one-pot cooking for the whole family, with a special focus how to make the Plant Paradox program kid-friendly. Since the publication of *The Plant Paradox* in 2017, hundreds of thousands of people have embraced Dr. Gundry's nutritional protocol—and experienced life-changing results. But most of Dr. Gundry's readers aren't cooking for themselves alone. "How can I extend this way of eating to my entire family? And is it safe for my kids?" are the questions he is most often asked. In *The Plant Paradox Family Cookbook*, Dr. Gundry reassures parents as he sets the record straight, providing an overview of children's nutritional needs and explaining how we can help our kids

thrive on the Plant Paradox program—a diet low in lectins. Dr. Gundry offers shocking evidence of how the Plant Paradox program is not only "safe" for kids, but also the best possible way to set them up for a lifetime of health and responsible eating. As research continues to bear out, a healthy microbiome—or "gut"—is the cornerstone of human health. The foods we eat at the beginning of our lives have a long-term impact on the makeup of our microbiome. Lectin-containing foods—such as grains, legumes, certain fruits and vegetables, and conventional dairy—damage it by creating holes in the gut wall and triggering the kind of systemic inflammation that lays the groundwork for disease. And yet, many of the foods we are routinely told to feed

our children—think milk, whole grain bread, peanut butter—have an incredibly high lectin content. The Plant Paradox Family Cookbook includes more than 80 recipes that make cooking for a family a breeze. And since pressure cooking is the best and easiest way to reduce lectin content in foods like grains and beans, the majority of the quick and easy recipes are Instant-Pot friendly. From weeknight dinners to make-ahead breakfasts to snacks and even lunchbox-ready meals, The Plant Paradox Family Cookbook will help the whole family experience the incredible benefits of the Plant Paradox program.

*The Plant Paradox* Harper Collins

The best-selling book on heart disease, updated with the latest research and clinical findings on high-fat/ketogenic

diets, sugar, genetics, and other factors. Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: inflammation, fibrinogen, triglycerides,

homocysteine, belly fat, triglyceride to HDL ratios, and high glycemic levels. Best-selling health authors Jonny Bowden, PhD, and Stephen Sinatra, MD, give readers a four-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Myths vs. Facts  
 Myth: High cholesterol is the cause of heart disease. Fact: Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth: Saturated fat is dangerous. Fact: Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth: The higher the cholesterol, the shorter the lifespan.

Fact: Higher cholesterol protects you from gastrointestinal disease, pulmonary disease, and hemorrhagic stroke. Myth: High cholesterol is a predictor of heart attack. Fact: There is no correlation between cholesterol and heart attacks. Myth: Lowering cholesterol with statin drugs will prolong your life. Fact: There is no data to show that statins have a significant impact on longevity. Myth: Statin drugs are safe. Fact: Statin drugs can be extremely toxic including causing death. Myth: Statin drugs are useful in men, women, and the elderly. Fact: Statin drugs do the best job in middle-aged men with coronary disease. Myth: Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact: Statin drugs reduce inflammation



and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease.

Eat Naked Independently Published  
From bestselling author Dr. Steven Gundry, a quick and easy guide to The Plant Paradox program that gives readers the tools to enjoy the benefits of lectin-free eating in just 30 days. In Dr. Steven Gundry's breakout bestseller The Plant Paradox, readers learned the surprising truth about foods that have long been regarded as healthy. Lectins—a type of protein found in fruits, vegetables, legumes, dairy, and grains—wreak havoc on the gut, creating systemic inflammation and laying the groundwork for disease and weight gain. Avoiding lectins offers incredible health

benefits but requires a significant lifestyle change—one that, for many people, can feel overwhelming. Now, in The Plant Paradox Quick and Easy, Dr. Gundry makes it simpler than ever to go lectin free. His 30-day challenge offers incentives, support, and results along with a toolkit for success. With grocery lists, meal plans, time-saving cooking strategies, all-new recipes, and guidance for families and those following specialized diets (including ketogenic and vegan), The Plant Paradox Quick and Easy is the all-in-one resource Plant Paradox fans and newcomers alike need to jumpstart results reap the health benefits of living lectin-free.

*Summary* HarperCollins

This book breaks down all the big ideas and pertinent facts in "The Longevity

Paradox" so they can be easily and quickly understood. There is also an Action Plan Bonus included that will help you get started fast. Continue reading below to see all that you get. PLEASE NOTE: This is an unofficial and independent summary & analysis of The Longevity Paradox and is meant to be read as a supplement to The Longevity Paradox. You can find the original book here: <https://amzn.to/2HQYcl6> We've accepted a lot of traditional hallmarks of old age as inevitable, but I am here to tell you that's just not true. We don't have to concede to age lines, wrinkles, degenerating cognition, cancer and other typical "effects" of aging, if we examine the root cause of all of these problems: your gut microbiome, or as I like to call them, your gut buddies. In

The Longevity Paradox, I bring to you the true explanation behind these debilitating effects of aging, and the keys to pleasing your gut buddies so that they work for you. If you take care of your gut buddies, they will take care of you. Also, there are a variety of myths associated with health that I'm here to tell you are just that: myths. I'll be explaining why within these pages. I also provide a list of lifestyle suggestions, meal plans, recipes and general advice concerning your health, and my patients rave about the benefits they've experienced, including but not limited to disappearing age spots, weight loss, higher energy and altogether more zest for life. Regain that zest for life, and dive into The Longevity Paradox to find out how. Inside this book you can expect:

\*Time saving chapter summaries  
\*Important facts recap for each chapter's summary  
\*Our overall analysis of the subject book  
\*Discussion questions to get you thinking  
\*An action plan to get you started fast  
Download your copy today! (Please Note: This summary & analysis was published and written by Personal Growth Publishing. It is NOT affiliated with the original author in any way and it is NOT the original book. You can purchase the original book by visiting this link: <https://amzn.to/2HQYc16>)  
WARNING: This book has passed copyscape and is plagiarism free. False Copyright Claims will result in legal action. Summary books such as this, Cliff Notes and others are completely legal.  
[Summary & Study Guide - The Longevity Paradox](#) Hay House, Inc

How can we live longer and still enjoy the physical and mental qualities of being young? This book is a summary of "The Longevity Paradox: How to Die Young at a Ripe Old Age," by Steven R. Gundry, MD. Thanks to medical advances, today we are living longer, but not better. As we get older, we develop common ailments like arthritis, Alzheimer's disease, and cancer. As a result, we expect to spend our old age in a state of steady decline. In The Longevity Paradox, Dr. Steven Gundry explains these age-associated diseases were not caused by aging but by the way we live our lives. Our diet, stress, and quality of sleep affect the health of our microbiome, which plays a role in causing these diseases. The book outlines a lifestyle plan to prevent these

age-associated diseases by improving gut health, which controls how long we live and how young we feel. Read this book to uncover the secrets of living a happy, healthy, long, and vital life. This guide includes: \* Book Summary—helps you understand the key concepts. \* Online Videos—cover the concepts in more depth. Value-added from this guide: \* Save time \* Understand key concepts \* Expand your knowledge Summary Of The Longevity Paradox Harmony

The author of the bestselling Plant Paradox series takes a fresh look at one of the top health issues plaguing Americans—fatigue—and offers a revolutionary plan for boosting energy and revitalizing mental and physical stamina. In his bestselling books, The

Plant Paradox and The Longevity Paradox, Dr. Steven R. Gundry offered game-changing perspectives on our wellbeing. In The Energy Paradox, Dr. Gundry expands upon his previous discussions of gut, microbiome, and mitochondrial health, linking immune malfunction to the mental and physical symptoms of fatigue—including exhaustion, brain fog, depression, anxiety, and low metabolism. As Dr. Gundry explains, feeling tired, moody, and zapped of energy is not normal, no matter your workload or age. Fatigue is an SOS flare from the body, one that is intended to alert us that something is wrong. In his clinical work, Dr. Gundry has found that his patients who complain of feeling sick and tired all the time almost always have something in

common: the inflammation markers of a leaky gut. In *The Energy Paradox*, Dr. Gundry will offer readers the information and tools necessary to quiet the autoimmune battle raging within—a battle that depletes precious energy reserves, leaving you drained and prone to mood disorders and weight gain. With new guidelines on how to increase mitochondrial energy production and nourish the microbiome; 30 new Plant Paradox-approved recipes; and lists of energy-boosting foods to consume and energy-depleting foods to avoid, *The Energy Paradox* will help readers take back their lives, giving them the energy they need to feel, look, and be their best.

*SUMMARY: The Longevity Paradox: How to Die Young at a Ripe Old Age: By*

*Steven Gundry M.D. | The MW Summary Guide* Houghton Mifflin Harcourt Korean edition of [The Longevity Paradox: How to Die Young at a Ripe Old Age] by Steven R. Gundry. From the author of the New York Times bestseller [The Plant Paradox] comes a groundbreaking plan for living a long, healthy, happy life. Dr. Gundry maps out a new approach to aging well—one that is based on supporting the health of the "oldest" parts of us: the microorganisms that live within our bodies. Korean edition translated by Park Seon Yeong. *SUMMARY - The Longevity Paradox: How To Die Young At A Ripe Old Age By Dr. Steven R Gundry MD* HarperCollins From the author of the New York Times bestselling Plant Paradox series comes this revolutionary take on the keto diet

that debunks common myths and shows readers how to reap the rewards of keto with less restriction. Like many doctors and nutrition experts, bestselling author Dr. Steven Gundry has long endorsed the ketogenic diet—a style of eating that heavily restricts carbohydrate intake to make the body burn fat for fuel. Because ketosis offers a variety of health benefits, including weight loss, reduced risk of illness, and enhanced energy, Dr. Gundry believed his patients' efforts to adhere to the challenging regimen was worthwhile. That is, until his research uncovered a shocking truth: We've gotten keto all wrong. In *Unlocking the Keto Code*, Dr. Gundry reveals the biological mechanism that makes keto diets so successful: a cellular process known as "mitochondrial uncoupling." As

it turns out, ketones are not the magical fuel source they've been made out to be; in fact, the body cannot run on ketones and fats alone. Over the long term, a very low carb-diet can lead to muscle wasting and poor cognitive health. Luckily, you don't have to restrict all carbs to reap the benefits of ketosis; you simply have to have enough ketones and other plant compounds called polyphenols present in your body to "unlock" the process of mitochondrial uncoupling. In this insightful, empowering, eminently practical book, Dr. Gundry explains the many ways readers can ignite this process, from feasting on plant-based foods (carbs that are typically off-limits on a keto diet!) to enjoying ketone generating foods such as goat and sheep milk products, to

implementing a timed eating schedule. You will even discover the real reason how superfoods, even apple cider vinegar, work their magic; and its not what they you think! Grounded in cutting-edge science, this is the book for all the people who have tried and failed on a keto diet; for vegetarians and vegans who want to go keto; and for anyone who wants to lose weight and enjoy better health while eating a wide variety of foods. With food lists, hacks, and all-new recipes, Unlocking the Keto Code makes going keto easy and enjoyable for the first time.

[The Longevity Paradox Cookbook](#)  
Independently Published

NOTE: This is a summary guide and is meant as a companion to, not a replacement for, the original

book.ABOUT BOOK:The Longevity Paradox (2019) looks at three of the most crucial factors behind aging well: our gut bacteria, our gut walls and our mitochondria. By helping us to understand the roles these factors play in our health, and by showing us some powerful strategies we can adopt to support them, the author points us toward long and healthy lives. ABOUT THE AUTHOR; Dr. Steven Gundry founded and runs the International Heart and Lung Institute and the Center for Restorative Medicine, where he conducts independent medical research and clinical practice. He was formerly a professor at the University of Maryland School of Medicine and the Loma Linda University School of Medicine. He is the author of the New York Times bestselling

books *The Plant Paradox* and *The Plant Paradox Cookbook*.

INTRODUCTION. Learn the surprising secrets to living a long and healthy life. Almost everyone wants to live a long life - but almost nobody actually wants to get old. That's the paradox at the center of many of our thoughts, feelings and desires about aging. It's a paradox because the two sentiments seem to contradict each other. After all, living a long life means getting old; we can't have one without the other, right? Well, that depends on what you mean by "getting old." If it's just the digits in your age increasing, then, yes, that's impossible to avoid. But what you're really concerned about probably isn't that number per se; it's the physical and mental aging that usually comes with it:

brittle bones, weak muscles, cancer, heart attacks, memory loss, dementia - the list goes on and on. So what you really want is to live a long life while still enjoying the vitality of your youth. That's not really that paradoxical - but it might seem like wishful thinking, at the very least. Is it possible to reach your 80s while retaining the mind and body of a healthy 40-year-old? The short answer is yes. The longer answer is the subject of these summaries! In them, you'll learn about \*The problems of doing too much exercise; \*The benefits of eating too little food; \*The secrets of some lab mice who seemingly aged in reverse.

### **The Longevity Diet** Shortcut Edition

From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon



Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age--but enjoy the benefits of youth? In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

Summary & Analysis of The Longevity Paradox Barrett Williams

From renowned cardiac surgeon and

acclaimed author Dr. Steven R. Gundry, the companion cookbook to New York Times bestselling *The Plant Paradox*, offering 100 easy-to-follow recipes and four-color photos. In the New York Times bestseller *The Plant Paradox*, Dr. Steven Gundry introduced readers to the hidden toxins lurking in seemingly healthy foods like tomatoes, zucchini, quinoa, and brown rice: a class of plant-based proteins called lectins. Many people are familiar with one of the most predominant lectins—a substance called gluten, which is found in wheat and other grains. But while cutting out the bread and going gluten-free is relatively straightforward, going lectin-free is no small task. Now, in *The Plant Paradox Cookbook*, Dr. Gundry breaks down lectin-free eating step by step and

shares one hundred of his favorite healthy recipes. Dr. Gundry will offer an overview of his Plant Paradox program and show readers how to overhaul their pantries and shopping lists to make delicious, simple, seasonal, lectin-free meals. He'll also share his hacks for making high-lectin foods safe to eat, including methods like pressure-cooking grains and peeling and deseeding tomatoes. With a quick-start program designed to boost weight loss and recipes for smoothies, breakfasts, main meals, snacks, and desserts, *The Plant Paradox Cookbook* will show readers of *The Plant Paradox*—and more—how delicious it can be to eat lectin-free.

**The Plant Paradox Quick and Easy**

HarperCollins

A renowned heart surgeon presents an

accessible, research-based program to teach you how you can “reset” your genes to restore your health, lose weight, and extend your life. Does losing weight and staying healthy feel like a battle? Well, it’s really a war. Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them. Dr. Steven Gundry’s revolutionary book shares the health secrets other doctors won’t tell you: • Why plants are “good” for you because they’re “bad” for you, and meat is “bad” because it’s “good” for you • Why plateauing on this diet is actually a sign that you’re on the right track • Why artificial sweeteners have the same effects as sugar on your health and your waistline • Why taking antacids, statins, and drugs for high

blood pressure and arthritis masks health issues instead of addressing them. Along with the meal planner, 70 delicious recipes, and inspirational stories, Dr. Gundry's easy-to-memorize tips will keep you healthy and on course.

### **The Plant Paradox Cookbook** KP

**\*\*Discover the Secrets to a Longer, Healthier Life with "The Longevity Paradox"\*\*. Unlock the mysteries of aging and take control of your future with "The Longevity Paradox," a comprehensive guide that delves deep into the science and strategies for extending healthspan and lifespan. Are you ready to defy the limitations of aging and live a thriving, vibrant life? **\*\*Here's What's Inside\*\*** **\*\*Introduction to the Longevity Paradox\*\*** Start your journey by understanding the historical**

and modern perspectives on longevity and healthspan. **\*\*The Biology of Aging\*\*** Explore the cellular mechanisms behind aging, including the pivotal roles of cellular senescence, telomeres, and mitochondrial function. **\*\*Genetic Factors in Longevity\*\*** Unravel the influence of key longevity genes and the exciting field of epigenetics, and learn about genetic testing for optimizing lifespan. **\*\*Diet and Nutritional Interventions\*\*** Delve into scientifically-backed dietary practices like caloric restriction, ketogenic diets, and nutritional supplements that can boost longevity. **\*\*Exercise and Physical Activity\*\*** Discover the profound impact of regular exercise, HIIT, and strength training on your aging process. **\*\*Sleep and Recovery\*\*** Learn why sleep is

paramount to longevity, and get practical tips on optimizing sleep hygiene and understanding chronobiology. **\*\*Stress Management and Mindfulness\*\*** Manage stress effectively with proven techniques and embrace mindfulness and meditation for cellular rejuvenation. **\*\*Hormesis and Aging\*\*** Understand how controlled stress can be beneficial and discover practical applications of hormesis. **\*\*Pharmacological Interventions\*\*** Get insights into promising anti-aging drugs like Metformin and Rapamycin. **\*\*Advances in Regenerative Medicine\*\*** Dive into cutting-edge topics like stem cell therapy, tissue engineering, and gene therapy. **\*\*The Gut Microbiome\*\*** Grasp the crucial connection between the gut and brain, and how diet and

probiotics influence longevity. **\*\*Cognitive Health and Longevity\*\*** Protect your cognitive functions and promote lifelong learning and brain plasticity. **\*\*Social Connections and Longevity\*\*** Learn the significance of social relationships and community in extending lifespan. **\*\*Environmental Factors\*\*** Create a healthier living environment by understanding the impact of toxins, pollutants, and climate change. **\*\*Technological Innovations\*\*** Stay ahead with the latest in wearable health tech, personalized medicine, and AI-driven longevity research. **\*\*Ethical Considerations in Aging Research\*\*** Navigate the ethical landscape of life extension and ensure fair access to longevity treatments. **\*\*Implementing Longevity Strategies\*\*** Craft a personal

longevity plan and draw inspiration from real-life case studies. **\*\*The Future of Aging\*\*** Stay informed about emerging research, trends, and how to prepare for a longevity-oriented society. Transform your approach to aging with "The Longevity Paradox" and embark on a path to a longer, healthier, and more fulfilling life. Your future self will thank you.

*Summary of The Longevity Paradox*  
HarperCollins

IMPORTANT NOTE: This is a book summary of The Longevity Paradox by Steven R. Gundry and is not the original book. Aches, pains, and diseases are just an inevitable symptom of age, right? Wrong, claims Dr. Steven Gundry, the author of 'The Longevity Paradox: How to Die Young at a Ripe Old Age'. His

research and experience show that it is possible to live to an old age while still feeling and looking young. How is that possible? It's all about going down to a micro-level and looking after the microbiomes that influence the health of our bodies, from inflammation in the gut and the condition of our skin to more serious illnesses such as heart disease and cancer. Take care of them, says Dr. Gundry, and they will take care of you. By making adjustments to your diet that keep your good microbiome happy and stop feeding the bad bacteria, you can live a long, healthy, happy, and active life. Dr. Gundry says it is possible to live to 100 or more and still feel and act decades longer if you follow his longevity plan. In his book, he goes into depth explaining the ins and outs of his

research. A Summary of The Longevity Paradox presents you all the key points of Dr. Gundry's book so you learn everything you need to know in a fraction of the time. Most importantly, you can start applying these points immediately. It's never too late to start pursuing a healthier and longer life - and this book gets you started even quicker. In this book, you will discover: - The key takeaways of Dr. Gundry's research, saving you time and allowing you to understand the main arguments immediately. - A summary of how to live a long and healthy life - and how you can start doing this now. - A rundown of some of the world's oldest populations and how the people there live to 100 or more without the diseases and illnesses we've come to believe are inevitable

with age. - A look at what your microbiome is and why is it so important to the overall health of your body. - Which foods you should avoid and which foods you should eat to stay young even when you're old. - The benefits of fasting - and how you can do this without feeling hungry, deprived or miserable. If you're intrigued by Dr. Gundry's claims and want to get a detailed overview of his studies, then this Summary of the Longevity Paradox is for you. Click below to buy now!

*Unlocking the Keto Code* Independently Published

Leading nutritional therapist Margaret Floyd's *Eat Naked* will help you strip away the overprocessed, overpackaged, and overdressed junk food from your diet. It's time to enjoy "naked" foods-

whole foods that are fresh, organically grown, and prepared in ways that allow each food's naturally delicious flavors to shine through. In this book, Margaret shows you how to choose the nutrient-dense foods that will make you look and feel so gorgeous, you'll want to take it all off. You'll discover new ways to prepare foods without sacrificing flavor and learn practical tips for eating within your budget. *Eat Naked* includes easy recipes for all sorts of delicious things you can feel good about eating and making for others. Once you see how great you look and feel when you eat naked, you won't want to eat any other way!

**Savage Chickens** Little, Brown  
This newly revised edition of the Wall Street Journal bestseller *One Spirit Medicine* offers an accessible guide to an

ancient practice for healing and transformation--including new, cutting-edge science, recipes, and a 7-day Grow a New Body meal plan! Using the principles and practices in this book, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to growing a new body--one that heals rapidly, retains its youthful vitality, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life. Our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short--a worrying diagnosis, a broken relationship, or simply an inability to function harmoniously in everyday life. When things are a little

off, we read a self-help book. When they're really bad, we bring in oncologists to address cancer, neurologists to repair the brain, psychologists to help us understand our family of origin. This fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans millennia ago. Drawing on more than 25 years of experience as a medical anthropologist--as well as his own journey back from the edge of death--acclaimed shamanic teacher Alberto Villoldo shows you how to detoxify the brain and gut with superfoods; use techniques for working with our luminous energy fields to heal your body; and follow the ancient path of the medicine wheel to shed

disempowering stories from the past and pave the way for rebirth.

**Food** Simon and Schuster

Edited by Rebecca Skloot, award-winning science writer and New York Times bestselling author of *The Immortal Life of Henrietta Lacks*, and her father, Floyd Skloot, an award-winning poet and writer, and past contributor to the series, *The Best American Science Writing 2011* collects into one volume the most crucial, thought-provoking, and engaging science writing of the year. Culled from a wide variety of publications, these selections of outstanding journalism cover the full spectrum of scientific inquiry, providing a comprehensive overview of the most compelling, relevant, and exciting developments in the world of science. Provocative and



engaging, The Best American Science Writing 2011 reveals just how far science has brought us—and where it is headed next.