

[PDF] Gary Null's Power Aging

Gary Null Ph.D. - pdf download free book

*New York Times Bestselling Author of Gary Null's
Ultimate Anti-Aging Program*

Bestseller

THE REVOLUTIONARY PROGRAM
TO CONTROL THE SYMPTOMS
OF AGING NATURALLY

Books Details:

Title: Gary Null's Power Aging

Author: Gary Null Ph.D.

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Description:

From Publishers Weekly Null, a well-known spokesperson for natural health and aging (Gary Null's Ultimate Anti-Aging Program), offers another volume on how to deal with the physical effects of aging. According to the author's research, illnesses such as cancer, heart disease and degenerative brain conditions are, in part, caused by damage inflicted by free radicals-unstable molecules that impair cells. The bodies' defenses against free radicals are antioxidants that can neutralize the free radicals' effect. In order to lessen the number of free radicals, Null believes it is necessary to drink pure water, exercise properly, follow a power aging diet and consume a variety of antioxidant vitamins, herbs and minerals that should boost the immune system. Null's exhortations to detoxify the body will sound familiar to devotees, but others may find his program overly stringent and too detailed. The cardiovascular protocol, for example, is quite complex. His diet program (he calls it the non-diet diet) is similar to what he has been recommending for years: strictly avoid red meat, caffeine, sugar, dairy, alcoholic beverages and wheat products. The mainly vegetarian meals (menus are included) that he advocates should be composed of organic products.

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Review "If keeping a sound mind and body seems hopeless, chances are you've never heard of Gary Null."

-- *New York Daily News* (*UNKNOWN*) --This text refers to an out of print or unavailable edition of this title.

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Richard Gale and Gary Null Progressive Radio Network, July 10, 2018 Modern conventional medicine has increasingly become a culture of scientific and historical denialism. Although portending to be an objective discipline of consistent progress, the medical establishment [...] Wikipedia's Violation of the Communications Decency Act. This is particularly true of Mind-Body medicine, the power of the mind to initiate and facilitate healing. Some [...] Wikipedia: Rotten to the Core? Gary Null's Power Aging book. Read 4 reviews from the world's largest community for readers. A leader in the field of alternative health presents his inn... Goodreads helps you keep track of books you want to read. Start by marking "Gary Null's Power Aging" as Want to Read: Want to Read saving! Want to Read. Currently Reading. Read. Other editions. Enlarge cover. Gary Null was born in 1945. He received a B.S. in human nutrition from Edison State College and a Ph.D. in human nutrition and public health science from Union Graduate School. He owns Gary Null and Associates, a company which markets dietary supplements. He has criticized the medical community, promoted a range of alternative cancer treatments and dietary supplements, and questioned the link between HIV and AIDS. He has written more than 70 books on nutrition, self-empowerment and public health issues including AIDS: A Second Opinion and Power Aging. As a documentary filmmaker, he produced over 70 films and videos including Age Is Only a Number, Deconstructing the Myth of AIDS, and Fatal Fallout.