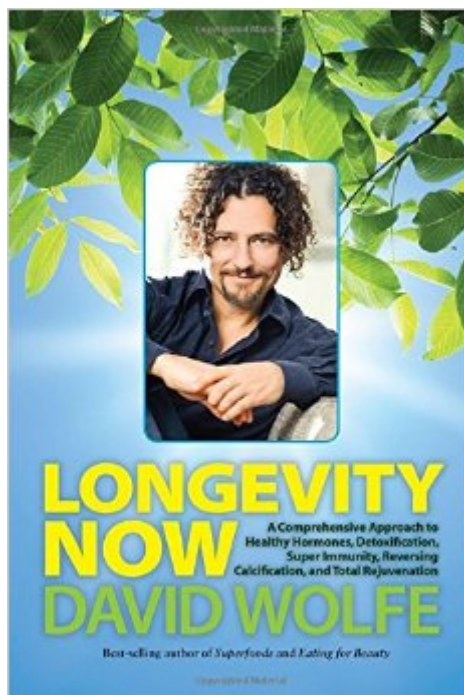


The book was found

Longevity Now: A Comprehensive Approach To Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, And Total Rejuvenation



Synopsis

Lose weight, boost your immunity, cleanse your blood and organs, and live longer and happier with this comprehensive five-part approach created by leading nutrition and raw food authority David Wolfe. In *Longevity Now*, Wolfe exposes the number-one cause of all degenerative illness and aging: calcification. Caused by an excess of calcium and the presence of nanobacteria, calcification can be found in some degree in virtually every adult and even some children. It leads to a plethora of illnesses and manifests as achy joints, hardened arteries, cellulite, cysts, kidney stones, gallstones, dental plaque, cataracts, and bone spurs, among many other health problems. By breaking down calcification and removing parasites, heavy metals, and other "unwanted guests" from your system, you can reverse the aging process and eliminate the prospect of degenerative disease from your future. Part 1 of the Longevity Now Program focuses on supplements to dissolve the buildup of calcium in your system, leading to freer movement, a clearer head, and a lighter step. Part 2 focuses on boosting your immunity, using a variety of supplements to make your body as resilient as possible. Part 3 focuses on rejuvenating each and every cell of your body with nutrient-packed supplements and superfoods. Part 4 focuses on using special electromagnetic grounding technologies to eliminate parasites and reconnect you with the rhythmic cycles of Earth's energy field. Part 5 focuses on deep-tissue bodywork and yoga, so that you can move blocked energy around and break up stagnation in typically unaccessed parts of the body. In addition to all this, Wolfe offers abundant additional information to help you more fully live the Longevity Now lifestyle, such as foods to avoid, healthful alternative sweeteners, delicious recipes, and more tips and tricks to keep you on the path of rejuvenation, radiant health, and full-throttle vitality.

Book Information

Hardcover: 416 pages

Publisher: North Atlantic Books; 1 edition (November 12, 2013)

Language: English

ISBN-10: 1583946144

ISBN-13: 978-1583946145

Product Dimensions: 6.3 x 1.1 x 9.3 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (97 customer reviews)

Best Sellers Rank: #96,156 in Books (See Top 100 in Books) #19 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#) #51 in [Books > Cookbooks, Food & Wine > Cooking Methods](#)

Customer Reviews

Longevity Now provides a fine, in-depth approach to healthy hormones, immunity, and system-wide rejuvenation ... Beginners to advanced health and nutrition students will find this packed with detail and keys to living not just longer, but healthier! • "Midwest Book Review" today's environment of processed foods, chemical additives, and genetically engineered products this book gives alternatives, both ordinary and obscure, that one could use to...lead to a longer life. • "BookPleasures.com"

The author of best-selling raw-food books such as Superfoods and Eating for Beauty, as well as one of the world's leading authorities on raw-food nutrition, DAVID WOLFE conducts 70 to 80 health lectures and seminars and hosts at least 5 health, healing, and beauty retreats each year at various places around the world. He is also the celebrity spokesperson for NutriBullet Superfood Nutrition Extractor. Visit his website at www.davidwolfe.com.

[Download to continue reading...](#)

Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation Super Power Breathing: For Super Energy, High Health & Longevity (Bragg Super Power Breathing for Super Energy) Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) Soul Mind Body Science System: Grand Unification Theory and Practice for Healing, Rejuvenation, Longevity, and Immortality Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity: The Miracle of Cellular Rejuvenation Essential Oils Integrative Medical Guide: Building Immunity, Increasing Longevity, and Enhancing Mental Performance With Therapeutic-Grade Essential Oils Super Power Breathing: For Super Energy High Health & Longevity The Perricone Prescription: A Physician's 28-Day Program for Total Body and Face Rejuvenation Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade ... & Much More (Vitamix Recipes Series Book 1) Super Immunity: The Essential Nutrition Guide for Boosting Your Body's Defenses to Live Longer, Stronger, and Disease Free Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs

Diabetes: Type 2 Diabetes: 30 Natural Methods for Preventing & Reversing Diabetes. Your Guide to: Lower Blood Sugar. (Reversing Diabetes, Hyperglycemia, High Blood Sugar, Sugar Detox) Luigi: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious Clean Luigi Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros, Luigi Memes, Luigi Jokes) Fasting: Alkaline Diet: Lemon and Water Fasting (Healthy Living, Intermittent Fasting, Fasting Diet, Fast for Weight Loss, Fasting and Prayer) (Health Detoxification Wellness Living) Qi Gong for Total Wellness: Increase Your Energy, Vitality, and Longevity with the Ancient 9 Palaces System from the White Cloud Monastery Ayurvedic Secrets To Longevity and Total Health Living in "The Now" in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) Super Joints: Russian Longevity Secrets for Pain-Free Movement, Maximum Mobility & Flexible Strength Superfoods Recipes: 28 Days Healthy Eating Diet Meal Plan That will Boost Up Your Immunity & Save Your Life!

[Dmca](#)