



Gary Null's Power Aging

Gary Null Ph.D.

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Gary Null is one of the founding fathers of the alternative health care movement, whose books, videos, television and radio programs as well as his nutritional supplement line have helped millions of people attain better health and vitality over the last 30 years.

Now, he's joining NAL with one of the most exciting books he's published in years-*Power Aging*. Cutting-edge science is proving in clinical trials for the first time that antioxidants, like vitamin C and beta-carotene, as well as lesser-known substances such as trimethylglycine, can effectively fight the symptoms of aging. We stand at the brink of a new paradigm that will change the very meaning of growing old.

Gary Null's Power Aging is a practical guide that anyone in their 40s, 50s, and beyond can use to live a longer, healthier life.

Part I explains how our modern environment, as well as our own biological processes, contribute to aging.

Part II looks at hormonal keys to health, and shows how they can address specific concerns- from maintaining cardiovascular function, facing the specter of cancer, and staying mentally sharp.

Part III puts it all together in a practical way, including a new diet and exercise program.

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