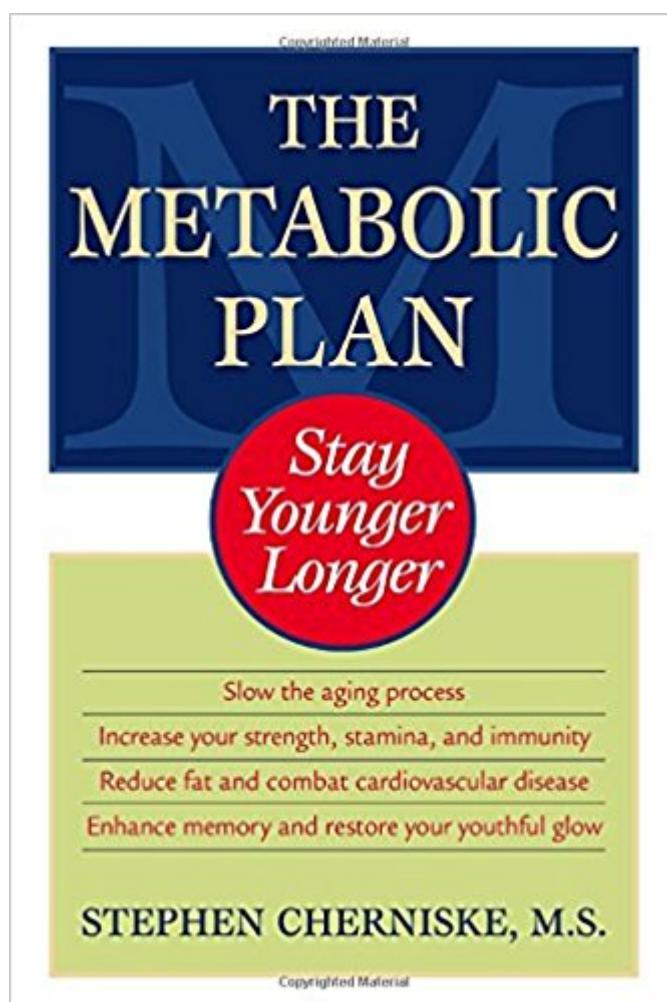


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# The Metabolic Plan: Stay Younger Longer



## Synopsis

The choice is yours: You can add forty or more vigorous, fulfilling years to your life. It sounds like science fiction, but in fact it's cutting-edge science grounded in exciting new research. In *The Metabolic Plan*, internationally renowned biochemist Stephen Cherniske reveals the medical breakthroughs that enable all of us to extend our lives—and the quality of our lives—starting today. Far from giving out due to inevitable wear and tear, the human body is naturally endowed with astonishing powers of renewal, self-repair, and regeneration. The secret to unlocking these powers lies not in genetic tinkering or a high-tech fix but in "tricking" your body into adopting the metabolism of a twenty-year-old. The Metabolic Plan offers a comprehensive diet and exercise regimen specifically tailored to boost antioxidant levels, combat disease, increase muscle, reduce fat, and enhance memory and vision. Cherniske shares the age-defying properties of such cutting-edge supplements as 7-Keto and debunks myths about acid/alkaline foods. Here too are detailed metabolic plans geared to the different needs of men and women and to every decade of our lives—so we'll know exactly what to focus on when. Longer life, more energy, improved health, a pervasive sense of well-being: It's all within our grasp. At once revolutionary and eminently practical, this is the book that finally solves the puzzle of aging.

## Book Information

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## Customer Reviews

Cherniske, the author of *The DHEA Breakthrough*, offers another self-help guide to the fountain of youth. As humans age, their anabolic metabolism (the ability to rebuild and repair tissues)

decreases as catabolic metabolism (the breakdown and degeneration of tissues) increases. Cherniske posits that it is possible, through the adaptation of mind and body techniques, for an older person to reverse this process and become biologically younger. Although he promises a simple plan, the overwritten and highly detailed text may be discouraging to those looking for a clearer outline to follow. Cherniske recommends a sensible dietary program based on increased consumption of unrefined food, limiting meats and relying heavily on fruits and vegetables. He stresses the importance of moderate but consistent exercise and includes a number of stress-reduction strategies. Cherniske's metabolic plan also includes taking nutritional supplements such as DHEA and a wide variety of antioxidants that, according to the author, are based on the latest research in the anti-aging field. He advocates a complicated system, individualized by age, of self-checks, medical tests and the use of supplements that he claims will slow the aging process. Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

The Metabolic Plan "includes the latest medical breakthroughs to slow the aging process, increase energy, enhance memory, and protect against heart disease." • Newsday "A SENSIBLE DIETARY PROGRAM . . . Cherniske, author of The DHEA Breakthrough, offers another self-help guide to the fountain of youth." • Publishers Weekly

I enjoy reading anything that has been written by Stephen Cherniske. I really do. After reading The DHEA Breakthrough and The Metabolic Plan: Stay Younger Longer, I purchased several bottles of Life Extension 7-Keto DHEA. I exercise 4 or 5 days a week, and I eat a whole foods diet. I am very careful about eating properly, exercising properly, and getting proper sleep. This book (as all of Cherniske's books) are packed with a lot of useful information, and I have learned a lot from what I have read. I really love the author's passion for what he does and for what he believes in. My complaint, however, is that 7-Keto DHEA is not doing for me any of the things that Mr. Cherniske said that it would. I've been taking it for 40 days, and since then, my health seems to have declined. Since I've been taking 7-Keto DHEA, I'm tired ALL OF THE TIME. I wake up tired (after 8 hours sleep), I go to bed tired, and I'm tired ALL DAY LONG. I have nausea, headaches, and I'm urinating much more frequently than I did before taking 7-Keto DHEA. I wanted so much for this to work because after reading Cherniske's books, I was convinced that it WOULD work. But for me, it didn't. I have decided to stop supplementing with 7-Keto DHEA because for reasons which will forever

mystify me, it has actually made me worse, not better. UPDATE: I stand totally corrected. Through trial and error, I learned that the bioidentical progesterone cream that I had been taking was causing the extreme fatigue, frequent urination, nausea, etc. I was taking too high of a dose of the progesterone cream. I have cut back to a much smaller dose of the progesterone cream, and all of these unpleasant symptoms have disappeared. Regarding 7-Keto DHEA, I have found that in order for it to do for me what Cherniske's book says it will do, I have to take a daily dose of 200 mgs. I take 100 mg. in the morning, and another 100 in the evening. I have horrible adrenal problems, and the 7-Keto has been helping me tremendously with this. Cherniske, if you're reading this....you rock! Thanks for the life-changing book!

This sums up Cherniske's paradigm for bringing one's health back from illness and for being and staying healthy with proper nutrition (i.e., not the typical American diet). Even if Obamacare doesn't lead to healthcare-rationing or increased costs, patients will need this for taking better care of themselves; otherwise, it'll be too late to restore health by playing catch-up after major medical problems appear. The discussion of what biomedical markers to watch, with desired ranges and appropriate recommendations, is very helpful. Patients need this information before they go to physicians for examinations.

My husband's favorite way to keep the weight off.

Medical treatment today centers on curing disease, and medicine has done an excellent job of helping to extend life. Through years of research on aging Steven Cherniske, a biochemist, has produced a marvelous program for controlling your aging in a way that prevents many aging diseases and leads to an active and energetic life. You then have a good opportunity to extend your life to the 120 years many scientists think possible. This great book is loaded with marvelous information on a host of areas that will be of good interest to all who seek to live this healthy extended life.

At the age of 45 or so, I started slowing down and getting bigger and bigger despite efforts, diets and reading any and all books out there. My doctor even told me that I had to get use to getting older! By age 53 I'd read and tried anything to get my metabolism going again with no real results, and had started to believe my doctor was right. THE METABOLIC PLAN was written for ME! After reading it I feel empowered. Incorporating the methods in this book I'm seeing energy like my 30's

and getting my body back with moderate exercise that didn't work before. It's a great read, actually a page turner, with validated explanations of Why, and How ! I'm buying it for my thirty-something kids and my 82 yr. old mother.

This book gives a lot of information in a "down to earth" way. It will help someone understand the process and could be life changing for some.

great read

Well thought out plan for your life. Starting his next book right away, as I'm curious as to current research updates.

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