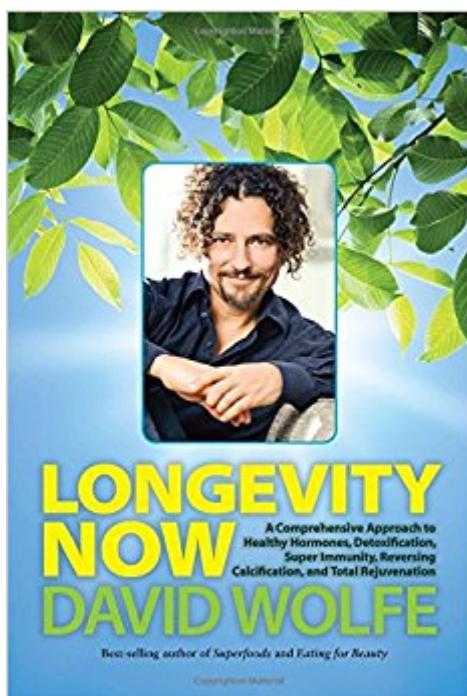


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# Longevity Now: A Comprehensive Approach To Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, And Total Rejuvenation



## 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

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## **Customer Reviews**

Ã¢ “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!Ã¢ –Ã• Ã¢ –â •Midwest Book ReviewÃ¢ –Ã“In todayÃ¢ –â„cs environment of processed foods, chemical additives, and genetically engineered productsÃ¢ –Ã|this book gives alternatives, both ordinary and obscure, that one could use to...lead to a longer life.Ã¢ –Ã• Ã¢ –â •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](http://www.davidwolfe.com).

I bought this book quite some time ago, but didn't start reading it right away due mostly to enjoying watching David Wolfe on UTube. After viewing the 10 DVDs from David's 2009 Longevity Conference, my thirst for more of David's knowledge was reignited and I started reading the book. It is absolutely packed with amazing valuable health improving information. It's the kind of book you have to keep handy as a reference tool.

Very well written and his advise explained in detail . Only drawback, I feel, is how long this reverse lifestyle would take and expense of it.Everything is not available in smaller cities and there are a great deal of products.

Another great item from David Wolfe

I was so impressed with David's book. There is so much information in this book. I've been following David for a few year's and making all the healthy drinks he makes.

If you need health info this will give you a lot of great information.

David always has the most up to date information on health and wellness. I have never been disappointed in anything I have read from him. I have been following him since 2003 and the information just keeps getting more and more revealing of how to stay young and vibrant.

I am enjoying some of his information but a lot of the recipes are things I've never heard of or seem like it's going to be hard to find.

Great condition and good price.

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