



Ultimate Anti-Aging Ways: Exotic Wisdom from a Japanese Doctor (Paperback)

By Toshihito Etoh MD PhD

iUniverse, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Early on in his interactions with his patients, Toshihito Etoh, a Japanese general physician specializing in internal medicine and pediatrics, began noticing that some patients looked much younger than their true age, while others looked a great deal older. Using his experiences with these patients, Dr. Etoh shares his proven strategies for slowing down the aging process in both the body and the mind. Since ancient times, the Japanese have utilized many techniques for keeping fit and living longer; as a result, today the country is filled with active elderly people with average life expectancies of over eighty-five for women and seventy-nine for men. While offering several exercises to help combat aging, stay fit, and maintain a high quality of life, Dr. Etoh teaches others specifically how to -know and accept yourself and your body; -become aware of and care for your soul; -use a combination of focus, meditation, and breathing to combat aging; -learn to walk correctly; -keep senses in shape while stimulating the brain; -choose low-calorie foods that are high in antioxidants. The groundbreaking, practical wisdom provided in Ultimate Anti-Aging Ways...



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- Mr. Gustave Gerhold

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM