



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

By David Wolfe

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Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation By David Wolfe

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.

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Editorial Review

Review

“*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*

“In 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

About the Author

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.

Users Review

From reader reviews:

Jerry Carley:

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Nick McAllister:

The book *Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation* has a lot associated with on it. So when you make sure to read this book you can get a lot of gain. The book was compiled by the very famous author. The writer makes some research ahead of write this book. This particular book very easy to read you can obtain the point easily after scanning this book.

Leslie Jasso:

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Nelson McNamee:

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