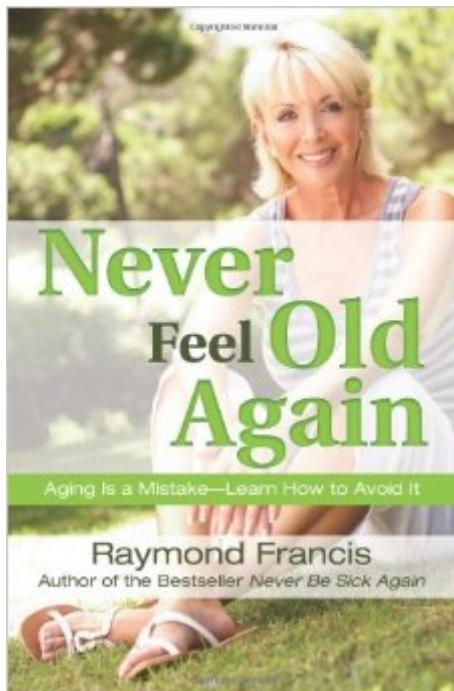


The book was found

Never Feel Old Again: Aging Is A Mistake--Learn How To Avoid It (Never Be)



Synopsis

Ray Francis' first book, *Never Be Sick Again*, helped thousands of people put their "incurable" diseases into remission and enabled thousands more to shed excess weight, improve their cholesterol profiles, and achieve peak immunity from disease. Now Francis brings his revolutionary approach to anyone who wants to enjoy robust health and wellness and reverse accelerated aging. As Francis explains, just like an automobile, the body ages as a result of accumulated repair deficits, or a lack of maintenance. Fortunately, the human body is a self-repairing system, and in this latest book, Francis shows readers how to stay in good repair and keep the aging process at bay. His revolutionary approach counters the one-size-fits-all approach of most conventional anti-aging treatments on the market by targeting specific imbalances that manifest through "aging" symptoms. Botox injections, plastic surgery, and even hormone-replacement therapies don't yield meaningful results because they fail to activate the body's self-repair mechanisms; what's more, sometimes these treatments compound the problem by introducing additional toxins into the body. *Never Feel Old Again* provides a fundamental understanding of why we experience accelerated aging and teaches readers to look and feel their best and be healthy at any age.

Book Information

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Customer Reviews

This is one of the great ones. It's even better than *Never Be Sick Again*, which I thought was a health masterpiece. Like the first book, he may be a bit over the top for some folks with his take on

environmental toxins. After all, we can't live in a plastic bubble. But he knows whereof he speaks, so it behooves us to listen to him. We've heard a lot of this before. Mr. Francis just does it so much better than many others. Surprisingly, he's not a vegan. He does eat some meat, though he advocates consuming smaller portions of free-range, no-antibiotic animal products. Also, he does not advocate processed foods of any kind. He has here left out his personal story, which he gave in the first book. I suppose he didn't feel it bore repetition, though I have to say it is one hell of a story. He literally went through hell when he had his own health crisis. And, like others, he had to figure out what was going on with himself and what to do about it. It's one of the greatest healing stories I've ever read. Don't pass up on this health masterpiece or, for that matter, his first book either. You might never be the same.

Yet another grand slam. This guy speaks "in my language". Straight, to the point, easy to read. It has just the right amount of science to support the information without crossing my eyes in confusion. It's my favorite book on the subject of health and a must read.

As with his other books, Raymond Francis simplifies how to keep or regain health if you've lost it. Where modern medicine's definition of disease is complicated and confusing, Mr. Francis takes this to a level that everyone can understand and benefit from. His personal story as well is inspiring and should give anyone that's suffering from an ailment that there's hope for healing if you have the right information and then apply it.

Throughout this book I kept nodding my head...Yes...this is right on. The author tells in plain language how to avoid all the toxins and other negative factors that impinge on our health every day. The standard American diet causes the increase in illnesses of all kinds, whether it's been genetically modified, laced with high fructose corn syrup, contains way too much sugar, grown on depleted soil, sprayed with poisonous chemicals, and been treated with antibiotics and growth hormone. No wonder everyone is degenerating! Then the problem is compounded by taking drugs that might tame symptoms but do nothing about the cause and are toxic to cells. If readers will take the author's advice and resolve to change their dietary habits, the result will be much improved health and more years to enjoy living.

I read the first quarter open minded, it is well written and pleasant to read. I quit, and discarded it. There weren't any action items discussed beyond the regular - exercise, good food, be happy. I also

ordered Younger Next Year by Crowley and Lodge Younger Next Year: Live Strong, Fit, and Sexy - Until You're 80 and Beyond at the same time and have found it's very direct approach supported by medical discussions far more engaging. Good luck on the second half of your life!

Realistic and straightforward way to manage health and overcome health problems I am sure a lot of people will benefit from this book.

I enjoy the way the author used language that was easily understood and brought to the reader a way to slow down aging by the food choices one makes.

First let me say that the one star rating has nothing to do with the content of this book. I've read the other books that Raymond Francis has written and they have been valuable and useful. With that said, I initially purchased the kindle version of this book only to find that there was no table of contents (TOC), or index. This book is something that I'll be using for a long time, and I want to be able to quickly find the sections I need, but I can't do it without a TOC and index. I don't want to support a publisher who invests so little time and effort producing the kindle version of their book. I've returned the kindle edition, and purchased the print version instead. To the publisher of this ebook; please, spend a little time, and effort to make the kindle version at least as good as the print version.

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