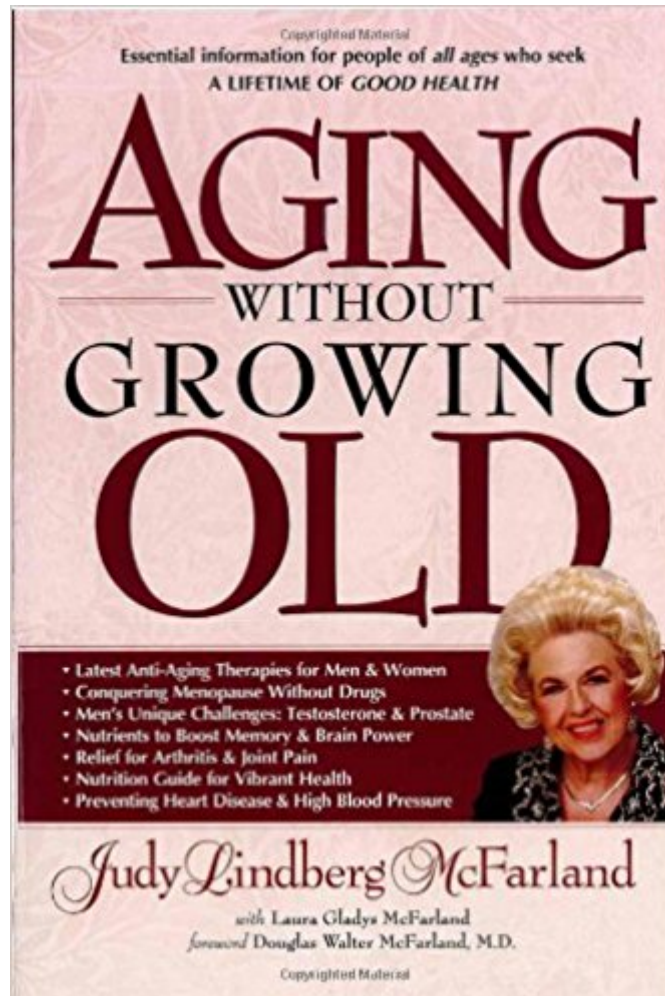


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# Aging Without Growing Old



## Synopsis

"Essential information for people of all ages who seek a lifetime of good health" This is not just a book on aging, but a complete nutrition book that will teach you how to stay well and ac

## Book Information

Paperback: 516 pages

Publisher: Siloam Press; Revised edition (January 2003)

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Average Customer Review: 4.7 out of 5 stars 16 customer reviews

Best Sellers Rank: #1,060,870 in Books (See Top 100 in Books) #100 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #118 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#) #4067 in [Books > Christian Books & Bibles > Christian Living > Self Help](#)

## Customer Reviews

"Essential information for people of all ages who seek a lifetime of good health" This is not just a book on aging, but a complete nutrition book that will teach you how to stay well and ac

A friend at work recommended this book to me after her sister helped cure her 5-year old son of candida (when Western doctors couldn't). They were never believers in alternative health care, but seeing was believing for them. I just finished reading the book myself, and made a list of all the vitamins/minerals I would need for what ails me. I went to the health food store, where the clerk was genuinely surprised that I had all the correct items listed, along with the correct dosages. This book also gave me suggestions for other books to read, which I have just ordered. The only criticism I have is the title: it seems to have been chosen to "sell" the book. If this book had not been recommended to me, I would never have bought it based on its title. The book has so much more information about working with your body and nature to achieve good health.

I actually ordered this for my sister. We're both health conscious and getting older. It was very informative even though I already knew a lot of the info (been living like this for years). It arrived with

the packaging torn, but the book was not damaged and I couldn't say anything negative about the price. Thanks for being there for all of us out here. Appreciate you.

Having read books, magazines, articles on herbs and supplements for years, this one is outstanding. It truly represents years of experience, both from the author and her mother. I have great respect for Judy McFarland's vast knowledge about vitamins and herbs, and refer to it frequently as a resource for myself, friends, relatives. Her work exceeds the normal researching to write a book; she's lived it. You can't go wrong with this wonderful handbook.

The author comes off as compassionate and refreshingly savvy. I think I'll keep this book around for a while and I'm grateful I found it virtually new for one penny. The advice is priceless therein and I recommend it for men and women, and all ages.

I love this book I have wore it out . i have pages falling out because i am always reading ti. I would tell everyone they should have one of these books. And give them as a gift.

I'm only in my 20s, but I bought the book because I have the desire to expand my knowledge on nutrition and who better knows about the subject of nutrition than the expert - Judy Lindberg McFarland. The book is truly an excellent resource on achieving optimum health and its packed with detailed information on vitamins, minerals, herbs, antioxidants, building immunity, brain nutrients, protecting the heart, lowering blood pressure, thyroid, arthritis, men's and women's hormonal needs, menopause and preventing a variety of illnesses. Judy McFarland refers to a lot of scientific and medical studies throughout the book. At the end, the author provides you with the famous "Complete Lindberg Nutrition Program", which emphasizes on eating healthy by choosing organic, fresh and less processed foods, avoiding refined carbs, protein, taking vitamins, exercising, etc. For price of the book, you can't beat the valuable information you will gain. This is worth reading. Highly recommended!

Nutrition ideas exposed

Great reference book. I bought it years ago and I still refer to it for health answers.

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