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Christian G. Meyer

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Dr. Kellyann's Bone

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The Casey Diet: Add Ten Years to Your Life Ken Casey, 2017-05-01 This book is about how to live longer

and healthier by diet and exercise without medication The book shows how the Casey diet can lower blood pressure sugar glucose and cholesterol without resorting to calorie counting or vegetarian diets The Casey diet also substantially reduces atherosclerosis stroke vascular dementia and diabetes The book further shows how to lower blood pressure by the use of potassium supplements The book then demonstrates how to reduce osteoporosis by reducing blood acidity using alkaline supplements The book further shows how to postpone or even prevent Alzheimer's disease by improving the health of brain cell mitochondria using antioxidants and by increasing the number of mitochondria through exercise The book next shows how to prevent knee and hip arthritis by improving synovial fluid flow in the joints and how to prevent gout using vitamin C supplements The book then shows how to reduce the likelihood of cancer by avoiding carcinogenic substances and by improving the repair mechanisms of the cell through antioxidants Finally the book shows how flossing can prevent tooth loss and how avoidance of exposure to the sun's UV radiation can prevent vision loss *Add Ten Years to Your Life Expectancy* Ken Casey, 2019-10-31 This book is about how to live longer and healthier by diet including supplements and exercise without resorting to medications that may have serious side effects or which may lose their efficacy over time The book shows how the Casey diet can lower blood pressure sugar glucose and cholesterol without resort to calorie counting or vegetarian diets The Casey diet and exercise regimen also substantially reduce atherosclerosis stroke vascular dementia and diabetes The book further shows how to lower blood pressure by the use of potassium supplements The book then demonstrates how to reduce osteoporosis by reducing blood acidity using alkaline supplements The book points out how to postpone or even prevent Alzheimer's disease by improving the health of brain cell mitochondria using antioxidants and by increasing the number of mitochondria through exercise and through supplementation of NAD The book next shows how to prevent knee and hip arthritis by improving synovial fluid flow in the joints and how to prevent gout using vitamin C supplements The book then shows how to reduce the likelihood of cancer by avoiding carcinogenic substances by improving the health of the cell through antioxidants and by reducing spread of the cancer by aspirin Finally the book shows how flossing can prevent tooth loss and how avoidance of exposure to the sun's UV radiation can prevent vision loss *Life* Jean Rostand, 1955

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