BOOKS FROM FRANCE

Christophe de Jaeger

Bien vieillir sans médicaments dès 40 ans

Date : 30/05/2024
Pages : 260
Format cm : 15 x 21
Prix : 19.5
EAN : 9782749179575

40 and Up: Aging Well Without Drugs

An Effective Self-Care Method for Your Most Valuable Asset: Your Health!

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Publisher : Le Cherche Midi
Category :
Genres : Well-Being/Self-Help
Keywords : Elderly - Long life - Health

An effective self-care method for your most valuable asset: your health!

Getting older and staying in good health without resorting to medications is a challenge. How can we keep it up as long as possible? This widely shared aspiration is sometimes foiled by a lack of knowledge about our bodies, their strengths and weaknesses. Drawing on his experience as a physician and researchers, Dr. Christophe de Jaeger proposes a simple and complete method for taking care of yourself at the right time. Far more than mere dietary or exercise tips, *Aging Well Without Drugs* will help everyone take an active part in their own health and grow older with serenity.