



## Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively

By Doctor X

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### Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively By Doctor X

This unique book provides a database of the most effective anti-aging compounds currently available, giving practical advice on exactly how to implement their use into your life extension program. The compounds listed have been divided into four separate classifications, consisting of pharmaceutical drugs, peptides, bio-identical hormones, and over-the-counter supplements. In each section, and for each individual compound, the author tells you exactly how they work in the body, what the anti-aging / life extension benefits are, plus advice on the most effective dosage and administration methods. The book has been written in an easy to understand style, with the minimum necessary use of technical terminology. It is a practical hands on guide that the layman should find easy to implement and, wherever possible, information has been kept simple and to the point.

A few words from Doctor X: "Maximizing healthy lifespan. The subject is my passion, perhaps my obsession. Whichever it is, my intention is that we both shall benefit. That is why this book was written. Sadly there appears to be a severe lack of information available, both in current publications and online, regarding how to effectively put together a comprehensive, optimized, synergistic supplementation program. One that will effectively extend life while maintaining sharp mental function and preventing disease as we age. I often have new clients seek my advice regarding optimizing their current supplementation programs, and I cannot tell you how many times I have been horrified at the mish mash of random compounds they had been taking, often at the wrong dosage and incorrect frequency. This book seeks to address this issue, offering information and advice on each of the best anti-aging compounds, including exactly how to combine them in an effective supplementation program, based on your level of experience and available commitment."

The author has personally used and evaluated every single compound listed, and continues to use many on an indefinite basis. The information provided in this

book is based on the resultant knowledge gained from the author's many years of personal human lab rat experiments, the invaluable feedback of his clients, and the findings of independent scientific studies. The following compounds are covered in detail by this publication:

Acetyl-L-Carnitine, Alpha Lipoic Acid, Aspirin, Astaxanthin, Bio-Identical Hormones, Centrophenoxine, CJC-1295, Curcumin, Deprenyl, DHEA, Enzymes, Epitalon, Estrogen and the Menopause, Gerovital (GH3, KH3), Green Tea Extract, Growth Hormone, Hydergine, Iodine, Ipamorelin, L-Carnosine, Magnesium, Melatonin, Metformin, MSM, NAC (N-Acetyl Cysteine), Omega-3 (DHA/EPA), Peptides, Phosphatidylserine, Piracetam, PQQ, Pregnenolone, Probiotics, Progesterone, Rapamycin, Resveratrol, SAME, Selegeline, TA-65, Testosterone and the Andropause, Thyroid Hormone, Thyrotropin Releasing Hormone (TRH), Trimethylglycine (TMG), Ubiquinol (CoQ10), Vitamin B12, Vitamin D3, Vitamin E Tocotrienols and Tocopherols, Vitamin K2, Zeolite.

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#### **Irma Patterson:**

Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively can be one of your nice books that are good idea. All of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to get every word into joy arrangement in writing Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively nevertheless doesn't forget the main position, giving the reader the hottest in addition to based confirm resource facts that maybe you can be certainly one of it. This great information could drawn you into brand-new stage of crucial contemplating.

#### **Raymond Murray:**

Your reading sixth sense will not betray a person, why because this Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively e-book written by well-known writer who knows well how to make book which might be understand by anyone who read the book. Written within good manner for you, dripping every ideas and publishing skill only for eliminate your hunger then you still doubt Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively as good book not only by the cover but also by content. This is one publication that can break don't ascertain book by its protect, so do you still needing a different sixth sense to pick this specific!? Oh come on your reading through sixth sense already said so why you have to listening to one more sixth sense.

**Ann Walsh:**

In this period globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of references to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you personally is Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively this guide consist a lot of the information with the condition of this world now. This book was represented so why is the world has grown up. The dialect styles that writer require to explain it is easy to understand. The writer made some investigation when he makes this book. Here is why this book appropriate all of you.

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