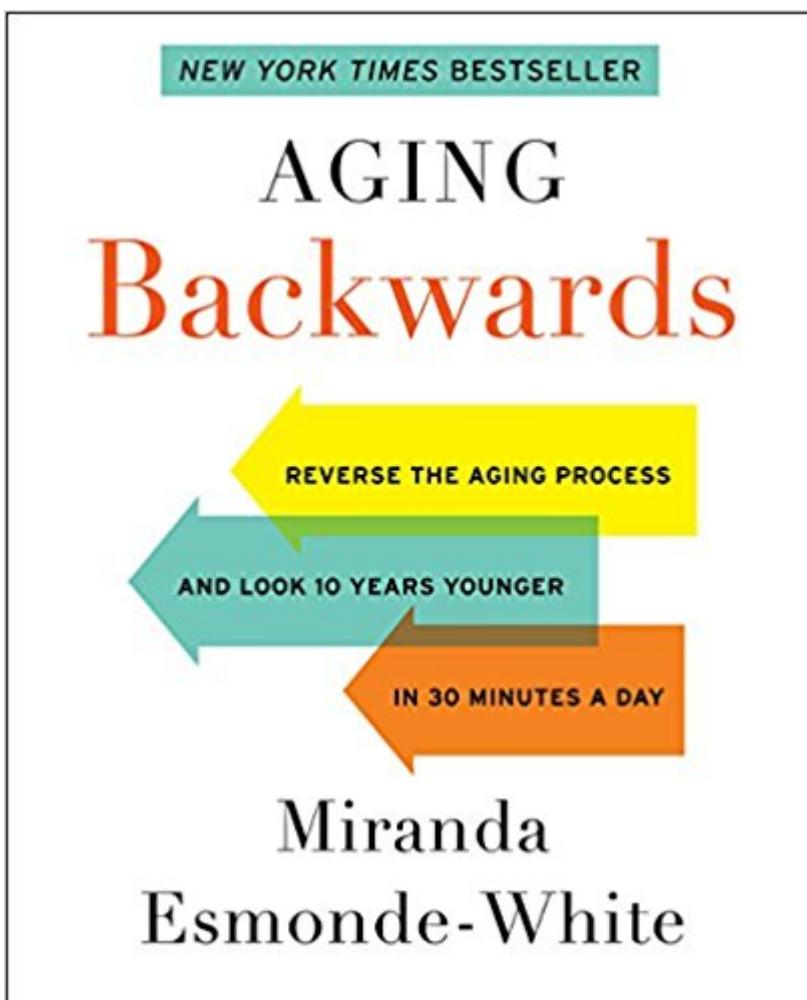


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# Aging Backwards: Reverse The Aging Process And Look 10 Years Younger In 30 Minutes A Day



## Synopsis

PBS fitness personality on Classical Stretch and creator of the fitness phenomenon Essentrics, Miranda Esmonde-White offers an eye-opening guide to anti-aging that provides essential tools to help anyone turn back the clock and look and feel younger no matter what age. Miranda Esmonde-White trains everyone from prima ballerinas to professional hockey players to Cerebral palsy patients: what do they all have in common? All of these people are hoping to heal their bodies, prevent further injury, and move optimally and without pain. In fact, they have the same goals as any of us who are trying to stay young, fit, and reverse the hands of time. Because the aging of our bodies occurs in our cells, it must be repaired there too. That's where Miranda's highly effective and sought-after techniques come in. The body is programmed to self-destruct as we age, but the speed at which it self-destructs is up to us. Recent scientific studies have proven this fact! In Aging Backwards, Miranda offers a groundbreaking guide on how to maintain and repair our cells, through scientifically designed workouts. Healthy cells prevent joint pain, muscle loss and weak bones helping to control weight, increase energy, and improve strength and mobility. Miranda offers readers of all ages the tools they need to look and feel young. Complete with tips, tools, and her Eight Basic Age-Reversing Workouts accompanied by instructional photos and web clips, Aging Backwards will help you grow younger, not older!

## Book Information

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## Customer Reviews

Ã¢ "Public TV stations and their viewers have responded enthusiastically to MirandaÃ¢ ¸s workouts for more than a decade; and from a personal standpoint I have experienced and enjoyed the anti-aging benefits of her program, too!Ã¢ " (Chris Funkhouser, VP, American Public Television)Ã¢ "I started doing MirandaÃ¢ ¸s workouts ten years ago, and now I recommend them to ALL of my patients, even for those with joint problems. It is safe, easy, convenient, and complete . . . the total package!Ã¢ " (Dr. Beth Barnett, Certified Chiropractic Sports Physician)Ã¢ "Miranda Esmonde-White shows readers how we age at a cellular level, and what we can do to slow down and reverse this process. Her pioneering exercise program can help anyone, at any level, maintain a youthful body as we inevitably enter into later stages of life.Ã¢ " (Claudio Cuello, MD, Professor and Former Chair of Pharmacology, McGill University)

"Every day, we have a very clear choice: We can grow older or we can grow younger."In recent years the field of aging research has exploded with new clinical findings. Many widely accepted ideas about agingÃ¢ ¸ including those about the inevitability of our declining metabolism, our dying brain cells, and our deteriorating muscles and bonesÃ¢ ¸ have been debunked. Today we know that the physical signs of aging are far more a product of lifestyle choices than of calendar years. Aging Backwards offers an exciting and comprehensive plan for actively slowing down and even reversing the aging process through gentle exercise that develops strong, flexible muscles.Why focus on strengthening muscles? Because as Miranda Esmonde-White, PBS fitness personality and creator of the Essentrics technique, explains, our muscle cells are the keys to our longevity. The powerhouses of our cells, the mitochondria, keep us looking and feeling youngÃ¢ ¸ and muscle cells contain more mitochondria than any other part of our body. If we can keep our mitochondrial fires burning, our musclesÃ¢ ¸ not to mention our bones, hearts, lungs, and skinÃ¢ ¸ can all experience the vitality of youth. And the best news of all is that it takes just thirty minutes a day of gentle exercise to keep muscles strong. With eight basic age-reversing workouts that build core strength, lengthen and tone muscle, increase flexibility, and speed weight loss, Aging Backwards offers the information and tools to live longer, healthier, and happier lives.

I first found the author early one morning on PBS. I am 66 years old and was delighted that here were exercises that I could perform without hating every minute. ( I am now not ashamed to say, "I hate yoga".) I am also, like her though not as accomplished, a former dancer but have let myself get out of shape. I have been really impressed with Miranda's program and bought several DVDs which

I really like but out of laziness stopped doing. When I heard about her book I felt that it would re-motivate me. How true that is! The book really explains how important - and why - it is to work the muscles. Her program is the best at keeping a person from getting stoop-shouldered and slow and unsteady-gaited, typical of the elderly and the aging. She focuses on range of motion and strength which has the added benefit of developing balance which is completely important in and of itself. This is a really sound program and I think it should be taught and done by everyone, not just those of us who are up in years although for someone of my age who has been starting to see the effects of aging (a little hard to get out of the chair, sometimes hard to straighten up upon standing, etc.) it is absolutely ideal. I don't have a lot of aches and pains but her program is supposed to really help with that, as well.

found the answer i've been looking for. this book covers the answers for my ageing back and joints, The docs said I had arthritis, but I don't think so. I've started to employ some of the stretching that this book speaks of and one of my (5 year old) problems has started to respond nicely to. I plan on getting the DVD's and pursuing it farther.

I'm a lifelong exerciser, now in my 70's, with a strong aerobic and heavy-weight program. This approach has caused me to rethink my entire program. After two weeks, I feel stronger, more agile, more relaxed, better posture, than with my previous program. I still supplement the program with medium hand weights. But after each program, I no longer feel tired; instead I feel totally energized.

wonderful reference book. I love Miranda's "Classical Stretch" DVDs. this book shows the details of a lot of the moves and the rationalization behind them.

This is a very enlightening book. I have been into health and fitness a for a long time. This book has vital information about the body that I never knew about. Doing the stretches for a short time has already helped me immeasurably!

I bought this book upon recommendation of a friend. After reading the book I bought several of Miranda's DVD and have seen great progress in my "aging backwards". I highly recommend her program!

I've been into exercising & weight-letting for the past 20 years. While now in my 60s, I'm having

issues with stiffness. This philosophy makes so much sense. Every single facet the author touches on makes complete sense. Just wish her CDs weren't so astronomically expensive!!

Miranda's program of Classical Stretch really works. I've been stretching and strengthening with her for several years. Her book is similar to her TV program. This program is suitable for all ages. Try it !!

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