

Menschen B12 Kursbuch

Hans Konrad Biesalski,Ute Gola,Johannes C. Huber,Günther Jacobi

Kursbuch Anti-Aging Hans Konrad Biesalski,Ute Gola,Johannes C. Huber,Günther Jacobi,2004-12-13 Alle wichtigen Grundlagen - Was ist dran an den Erkenntnissen der Altersmedizin? - Biologische Grundlagen und Physiologie des Alterns - Zeitdiebe: falsche Ernährung, Stress, metabolisches Syndrom - Spezifische Alterungsprozesse: Neurodegenerative und Herz-Kreislauf-Erkrankungen, Sexualität und Hormonstoffwechsel - Altersrisiken: Rauchen und Alkohol, Krebs, Diabetes, und Adipositas Möglichkeiten und Strategien der Alters-Prävention - Lifestyle-Konzepte: Bilanzierte Diät, Bewegung, geistige Leistungsfähigkeit, Wellness, Plastische Chirurgie, - Ganzheitliche Betrachtung: Mentale Fitness, Faktor Glück - Welche Therapieangebote haben sich bewährt? Wie werden sie eingesetzt? Schneller Zugriff auf Anti-Aging-Konzepte - Das Kurskonzept bringt Ordnung in die Fülle vorhandener Informationen. - Konkrete Tipps für die tägliche Anwendung von Anti-Aging-Strategien - Praktische Querverweise erschließen komplexe Zusammenhänge. Good-Aging: Länger gesund leben! Mit einem Geleitwort von Dr. Frank Schirmacher, Mitherausgeber der Frankfurter Allgemeinen Zeitung und Autor des Buches Das Methusalem-Komplott

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