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The Principles and Practice of Antiaging Medicine for the Clinical Physician

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This book takes a whole new perspective concerning the approach to treating aging process. Most doctors feel they have no other options but to operate on the physical processes that occur as we grow older. Now, for the first time, there is another scientific approach that impacts on the causes of aging and not just on the effects.

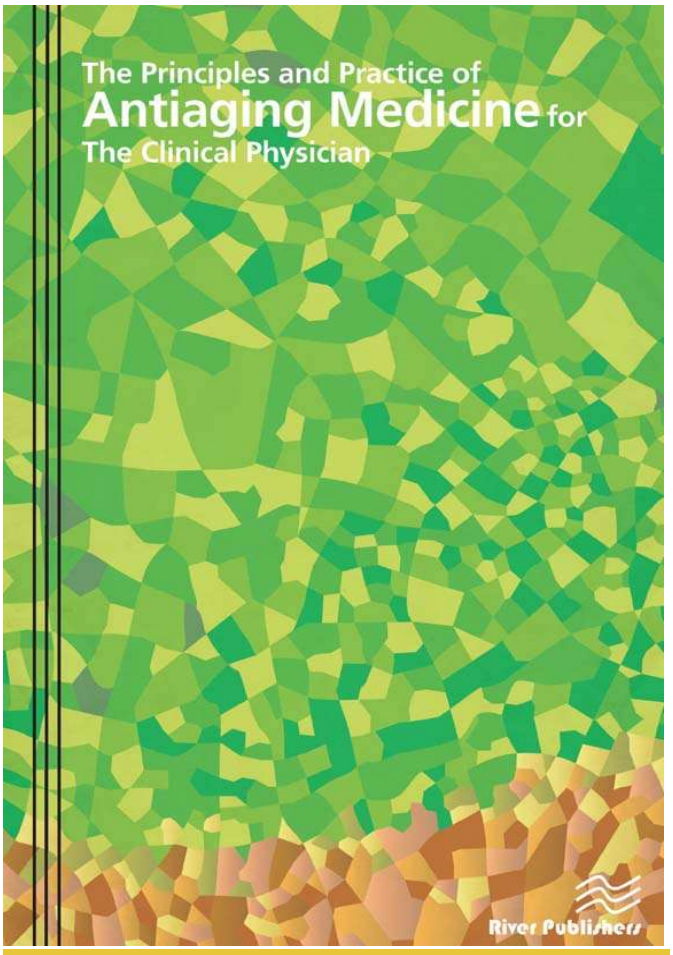
The basic principles and practice of anti-aging medicine and age management clearly and succinctly explains the solid scientific research behind doctor Giampapa's revolutionary theories, revealing that a key number of bio chemical processes at the cellular level can be clinically manipulated to successfully improve the physical signs of aging even without surgery.

Dr. Giampapa gives the clinical dermatologist and plastic surgeon the knowledge and tools to successfully incorporate anti-aging medicine into their practice. These tools not only improve the longevity of their cosmetic procedures but markedly enhance the quality of life and health that patients can experience.

Throughout the book a new concept of aging is built around preserving DNA function and replication. Treatment concepts are centered around:

- Controlling blood sugar levels and glycation;
- Inhibiting cellular inflammation;
- Supplying the correct combination of antioxidants;
- Improving gene regulation and methylation;
- Following a simple diet guide and exercise plan;
- Regulating age-related hormonal declines;
- Improving DNA repair and decreasing DNA damage.

Containing hundreds of scientific medical references as a valuable resource for future investigation and information, this book is an essential addition to the cosmetic physicians library.



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