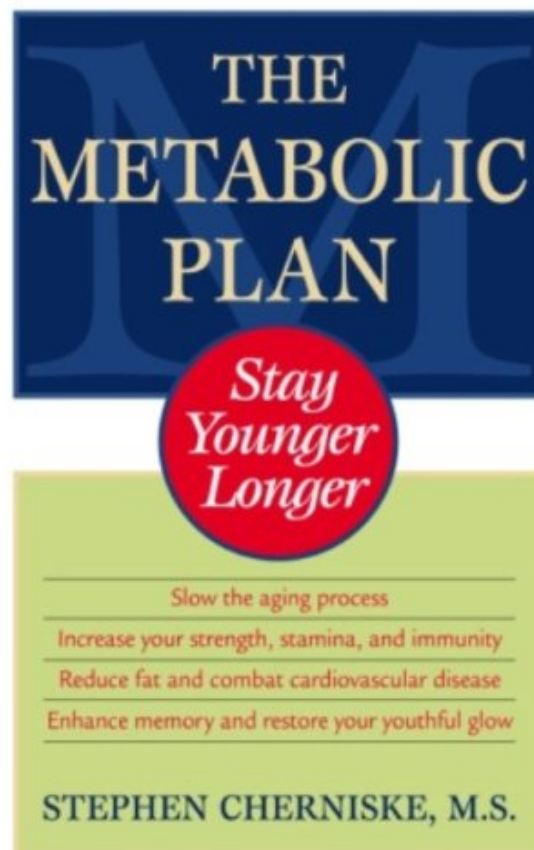
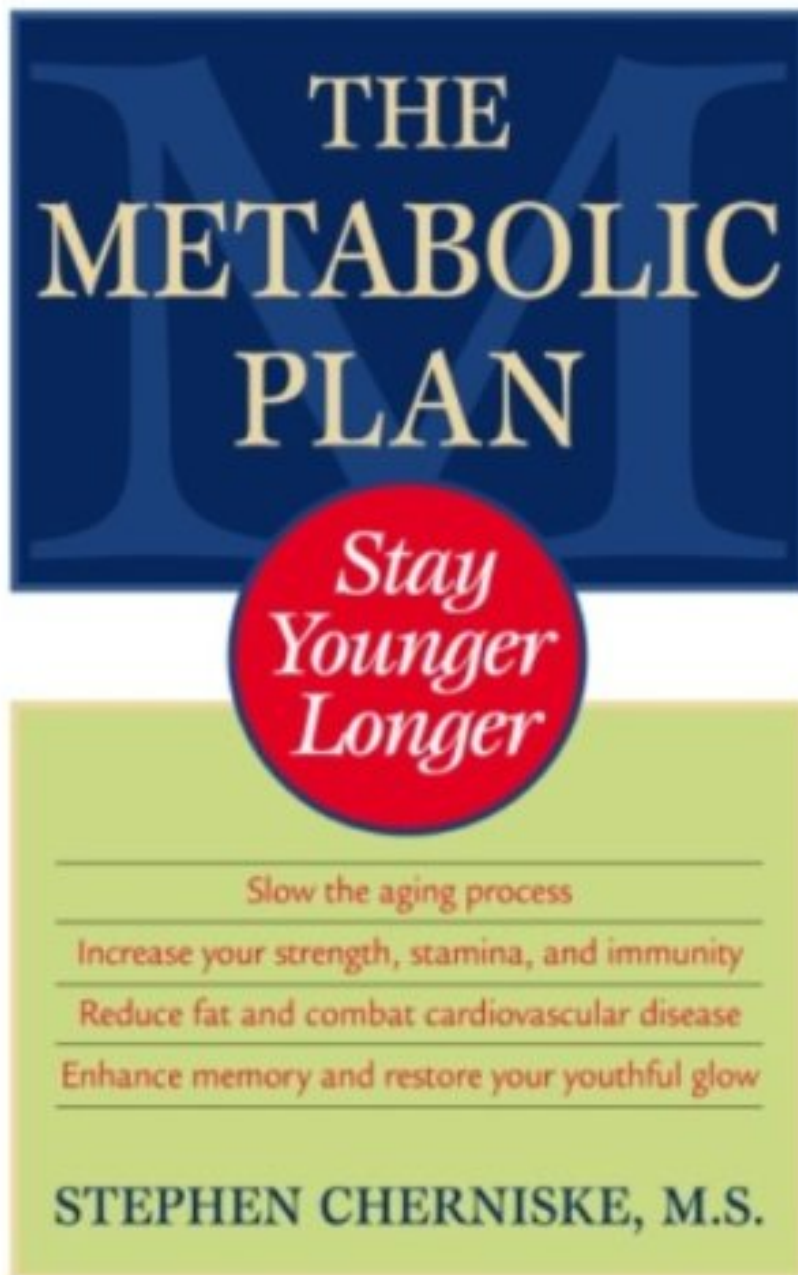


THE METABOLIC PLAN: STAY YOUNGER LONGER BY STEPHEN CHERNISKE



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From Publishers Weekly

Cherniske, the author of *The DHEA Breakthrough*, offers another self-help guide to the fountain of youth. As humans age, their anabolic metabolism (the ability to rebuild and repair tissues) decreases as catabolic metabolism (the breakdown and degeneration of tissues) increases. Cherniske posits that it is possible, through the adaptation of mind and body techniques, for an older person to reverse this process and become biologically younger. Although he promises a simple plan, the overwritten and highly detailed text may be discouraging to those looking for a clearer outline to follow. Cherniske recommends a sensible dietary program based on increased consumption of unrefined food, limiting meats and relying heavily on fruits and vegetables. He stresses the importance of moderate but consistent exercise and includes a number of stress-reduction strategies. Cherniske's metabolic plan also includes taking nutritional supplements such as DHEA and a wide variety of antioxidants that, according to the author, are based on the latest research in the anti-aging field. He advocates a complicated system, individualized by age, of self-checks, medical tests and the use of supplements that he claims will slow the aging process.

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Review

The Metabolic Plan “includes the latest medical breakthroughs to slow the aging process, increase energy, enhance memory, and protect against heart disease.”

—Newsday

“A SENSIBLE DIETARY PROGRAM . . . Cherniske, author of *The DHEA Breakthrough*, offers another self-help guide to the fountain of youth.”

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From the Trade Paperback edition.

From the Inside Flap

The choice is yours: You can add forty or more vigorous, fulfilling years to your life. It sounds like science fiction, but in fact it's cutting-edge science grounded in exciting new research. In *The Metabolic Plan*,

internationally renowned biochemist Stephen Cherniske reveals the medical breakthroughs that enable all of us to extend our lives—and the quality of our lives—starting today.

Far from giving out due to inevitable wear and tear, the human body is naturally endowed with astonishing powers of renewal, self-repair, and regeneration. The secret to unlocking these powers lies not in genetic tinkering or a high-tech fix but in “tricking” your body into adopting the metabolism of a twenty-year-old. The Metabolic Plan offers a comprehensive diet and exercise regimen specifically tailored to boost antioxidant levels, combat disease, increase muscle, reduce fat, and enhance memory and vision. Cherniske shares the age-defying properties of such cutting-edge supplements as 7-Keto and debunks myths about acid/alkaline foods. Here too are detailed metabolic plans geared to the different needs of men and women and to every decade of our lives—so we’ll know exactly what to focus on when.

Longer life, more energy, improved health, a pervasive sense of well-being: It’s all within our grasp. At once revolutionary and eminently practical, this is the book that finally solves the puzzle of aging.

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After years of dedicated study and research that took him to six continents, Cherniske has arrived at a new paradigm that radically alters our understanding of the aging process and the human potential for longevity. Far from giving out due to inevitable wear and tear, the human body is naturally endowed with astonishing powers of renewal, self-repair, and regeneration. The secret to unlocking these powers lies not in genetic tinkering or a high-tech fix, but in outsmarting mother nature at her own game.

As Cherniske explains, a simple adjustment in your metabolism can profoundly alter your energy level, strength and stamina, your body's ability to fight disease, even the intensity of your sexual desire and fulfillment. In short, by following his regime, you can essentially "trick" your body into adopting the metabolism of a twenty-year-old. *The Metabolic Plan* takes you step-by-step through the process of natural rejuvenation. Here is a comprehensive diet and exercise plan specifically tailored to boost antioxidant levels, combat disease, increase muscle, reduce fat, and enhance memory and vision. Cherniske shares the age-defying properties of such cutting-edge supplements as 7-Keto and debunks myths about acid/alkaline foods. Here too are detailed metabolic plans geared to the different needs of men and women and to every decade of our lives—so we'll know exactly what to focus on when.

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From the Hardcover edition.

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Most helpful customer reviews

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A LIFE CHANGING BOOK!

By Tara

I enjoy reading anything that has been written by Stephen Cherniske. I really do. After reading *The DHEA Breakthrough* and *The Metabolic Plan: Stay Younger Longer*, I purchased several bottles of Life Extension 7-Keto DHEA. I exercise 4 or 5 days a week, and I eat a whole foods diet. I am very careful about eating properly, exercising properly, and getting proper sleep. This book (as all of Cherniske's books) are packed with a lot of useful information, and I have learned a lot from what I have read. I really love the author's passion for what he does and for what he believes in.

My complaint, however, is that 7-Keto DHEA is not doing for me any of the things that Mr. Cherniske said that it would. I've been taking it for 40 days, and since then, my health seems to have declined. Since I've been taking 7-Keto DHEA, I'm tired ALL OF THE TIME. I wake up tired (after 8 hours sleep), I go to bed tired, and I'm tired ALL DAY LONG. I have nausea, headaches, and I'm urinating much more frequently than I did before taking 7-Keto DHEA.

I wanted so much for this to work because after reading Cherniske's books, I was convinced that it WOULD work. But for me, it didn't. I have decided to stop supplementing with 7-Keto DHEA because for reasons which will forever mystify me, it has actually made me worse, not better.

UPDATE:

I stand totally corrected. Through trial and error, I learned that the bioidentical progesterone cream that I had been taking was causing the extreme fatigue, frequent urination, nausea, etc. I was taking too high of a dose of the progesterone cream. I have cut back to a much smaller dose of the progesterone cream, and all of these unpleasant symptoms have disappeared.

Regarding 7-Keto DHEA, I have found that in order for it to do for me what Cherniske's book says it will do, I have to take a daily dose of 200 mgs. I take 100 mg. in the morning, and another 100 in the evening. I have horrible adrenal problems, and the 7-Keto has been helping me tremendously with this.

Cherniske, if you're reading this....you rock! Thanks for the life-changing book!

1 of 1 people found the following review helpful.

Prevention rather than playing catch-up with pharmaceuticals

By Richard J. King

This sums up Cherniske's paradigm for bringing one's health back from illness and for being and staying healthy with proper nutrition (i.e., not the typical American diet). Even if Obamacare doesn't lead to healthcare-rationing or increased costs, patients will need this for taking better care of themselves; otherwise, it'll be too late to restore health by playing catch-up after major medical problems appear. The discussion of what biomedical markers to watch, with desired ranges and appropriate recommendations, is very helpful. Patients need this information before they go to physicians for examinations.

0 of 0 people found the following review helpful.

Control your aging!

By G Alan Davis

Medical treatment today centers on curing disease, and medicine has done an excellent job of helping to extend life.

Through years of research on aging Steven Cherniske, a biochemist, has produced a marvelous program for controlling your aging in a way that prevents many aging diseases and leads to an active and energetic life. You then have a good opportunity to extend your life to the 120 years many scientists think possible. This great book is loaded with marvelous information on a host of areas that will be of good interest to all who seek to live this healthy extended life.

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