

[DOWNLOAD] Ageing Well: A Guide to Rejuvenation and Longevity

## Ageing Well: A Guide to Rejuvenation and Longevity

*George Cromack*

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**George Cromack : Ageing Well: A Guide to Rejuvenation and Longevity** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Ageing Well: A Guide to Rejuvenation and Longevity:

3 of 3 people found the following review helpful. Ageing Well - A Review By K. Cioffi-Ventrice Having a number of health issues, I've read many books on alternative strategies, juicing, eating to live healthy, and so on. Ageing Well fits right there among them, and brings to light some tools and techniques that I was unaware of. I found some of the sections in the book informative and helpful while others were a bit much for the average person and more suitable for the hardcore health enthusiast. Through personal chiropractic experience after an accident he had at 18-years-old, and

being in practice himself for over 25 years, Dr. Cromack added the elements of health care that he feels will improve an individual's well-being. This, according to the doctor, if practiced faithfully, will lead to rejuvenation and longevity. He acknowledges himself that the sections of the book are placed a little randomly, but the contents are divided into over 60 headings which makes it easy to find a particular item. Ageing Well begins with back care, including chiropractic care for the back. He explains, "Your spine is how life travels through your body; from your brain down the spinal cord, via the spinal nerve trunks, to every cell, tissue, and organ of your body." He goes on to enlighten the reader to the importance of finding a qualified chiropractor and validates our fear of having our necks manually adjusted if the doctor is not qualified. From there Dr. Cromack discusses diet, "A diet should be high enzyme, high fiber, highly mineralized, anti-oxidant rich, nutrient dense, low to medium glycemic, fresh and organic, alkaline based, easy to digest, and rich in long chain omega 3 fatty acids." He goes into great detail providing information on juicing, superfoods and supplements. He even offers recipes for smoothies and meals, but you will need a health food store for some of the ingredients. Other topics Ageing Well touches on are air and water purification; stretches for reducing stress, rehabilitation and helping with scoliosis; breathing exercises; and strength training. It contains a number of illustrations demonstrating the proper positions. It also discusses meditation; acupuncture; insomnia; depression; fasting; detox cleanses; sun gazing; and others. I found most of these sections informative and having practical application. This is what a reader should want from any self-help, or health book. Overall, I found Ageing Well worth reading and with only 134 pages, it was an easy read. Dr. Cromack seems well versed in alternative medicine and provides some useful information. I will keep this book in my bookcase along with the other books on improving health, ready for reference when needed. While I do recommend this book I think the potential reader should be aware that some of the content is not intended for the average person, such as using home inversion slings and traction, fasting, and cleanses. It's important to remember to consult with your own doctor when thinking of following the advice in self-help and health books. About the author: Dr. George Cromack draws from his background as a chiropractor, acupuncturist, nutritionalist, live food advocate, yoga instructor, and in exercise physiology to bring you this book of practical tips for radiant health. A Review by Karen Cioffi-Ventrice for BookPleasures0 of 0 people found the following review helpful. Making My List and Checking it Twice By P. Lovitt Prepare yourself! Make sure that you have a pen and a piece of paper ready to take notes, when you begin reading "Ageing Well." Once I began reading the book, I was hooked. It starts by making recommendations that will help improve my posture and reduce neck pain and headaches. That is one of the number one areas of need that I have, especially since I have two herniated disks in my neck. If you think about it, it is kind of hard to look younger when you walk around grimacing from pain. So this is my first area to hit on my list. Tons of other recommendations are made. This includes topics about supplements, nutrition, chiropractic care, etc., etc. As I went through each topic, I found several that I was already doing such as exercising, tongue scraping and sinus flushing. I found some others that I want to pursue, especially in the areas of diet and supplements. I am still a little hesitant about others, such as the gallbladder cleanse and fasting, but I will take these things one step at a time. It is exciting to be able to read about positive changes that I can make in my life to improve my health. Dr. Cormack's "Ageing Well," will both educate and empower you to take steps to improve the quality of your life by improving your health. Be sure to check it out! 1 of 1 people found the following review helpful. A good resource for alternative therapies By Stephanie Manley Ageing Well by Dr. George Cromack is a good resource for a variety of alternative therapies. I like that this book covers a many of the alternative therapies out there; traction units, diet, Chiropractic, superfoods and suppliments, restorative stretching, and much more are covered. There are good overviews of each of the alternative therapies that are in this book. I like that this book really serves as a springboard for learning what may be best for you. I believe through using this book and following their guides for the alternative therapies in this book you can determine what works best for you, and then go on to study these topics further. This book covers a great range of alternative therapies. Relaxation, diet, nutritional suppliments, and exercise are just a few of the recommended activities that are mentioned in this book. All therapies that are covered in this book are well known therapies and if you want to learn more this is a great resource to start with. Ageing Well is a good resource for looking into alternative ways to ensure your health and using what you learn in this book may help you live much more healthfully.

Tired of doctors who don't listen and medicines that only make you sicker? There is a reason why more and more people today are turning off to traditional healthcare and turning on to alternative therapies and natural medicines-and it's not just because they're more affordable. Ageing Well not only explores the latest health practices but takes you on a journey that examines the most beneficial ways you can make your body healthy and strong. In Ageing Well, you'll learn about:-Chiropractic techniques and how they should be done-The effects of the foods we eat -The invaluable benefits of Superfoods, antioxidants, probiotics, and enzymes-The techniques of ridding your body of inner and outer toxins-The types of exercises that will have you up and moving - and feeling great again Step by step you can improve your health and rejuvenate your life! br Praise for Ageing Well - "The only way we will achieve superior health in the future is from the knowledge we acquire right now. And if we wait until the last minute to do something about aging, sickness, and disease ...it will be too late. We must act now and immerse ourselves in the most cutting-edge

information we can find. Dr. Cromack's book is an excellent place to start. I highly recommend everything he writes!"-  
Len Foley, Senior Editor, [TheBestDayEver.com](http://TheBestDayEver.com)