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Considered the cornerstone of the famous Walker Program, Become Younger outlines how to slow down the aging process. Dr. Walker gives recommendations on the optimal foods for nourishment, how to develop better lifestyle choices, and how to use our attitudes and thoughts to influence our health. Also includes true stories of men and women who have changed their health for t

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Walker explains how we are not meant to be in the state we are, in relation to our health, looks and prevalent forms of premature death. Hence, becoming younger is an inevitability if one follows his dietary guidance on raw foods and juicing. A much better read than the modern authors, as through his expertise and charm he is able to incisively cut through all the misnomers of modern diet and food. So he offers a healthy way of living, by which one knows that you are far more unlikely to die ...

Become Younger: N.W. Walker: 9780890190517: Amazon.com: Books

To Become Younger we must be HEALTHY. This involves far more than merely "feeling well" It means knowing and understanding the cells and tissues in the system of every living man and woman are alike. Therefore, what one person can achieve is well within the range of possibility for every other person to achieve.

Norman W. Walker: BECOME YOUNGER - what-to-eat.eu

These excerpts come from Dr. N.W.Walker himself, taken from his advertisement promoting his book, Become Younger: "Do you want to learn how to become younger, more alive, awake, alert, and full of enthusiasm ? Do you want to learn how to sidestep the hazards of old age with its attendant sickness and disease, loss of memory and eyesight, lack of interest in the progress of the day, and the ...

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Other Books By N.W. Walker D. Sc.

Norman Wardhaugh Walker (4 January 1886, Italy – 6 June 1985, Cottonwood, Arizona) was a British businessman and pioneer in the field of vegetable juicing and nutritional health. He advocated the drinking of fresh raw vegetable and fruit juices, both to regain and to maintain one's health. Based on his design, the Norwalk Hydraulic Press Juicer was developed.

Norman W. Walker - Wikipedia

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