



The Youth Prescription: An Anti-Aging Sourcebook

Laura Flynn Geissel

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The Youth Prescription: An Anti-Aging Sourcebook is a must read for anyone seeking improved wellness through natural approaches based in alternative medicine. Drawing on the latest research from around the world, Dr. Geissel guides the reader through a series of anti-aging strategies and cutting edge therapies for turning back the clock. Inspired by her own fight for wellness against the ravages of Lyme disease, the author approaches anti-aging using alternative therapies backed by hard science. Using a conversational and comedic style, Dr. Geissel explains complex ideas including the free radical theory of aging, sources of inflammation, hidden effects of heavy metal accumulation, leaky gut syndrome, health risks of high-dose antioxidants, and the best anti-aging breakthroughs from the last decade. This book cuts through the hype of the supplement industry, telling you which supplements have withstood the tests of time and science. The Youth Prescription reveals the master anti-aging supplement, a naturally occurring superfood that contains the power to revitalize your health, boost your wellness, and transform how you look, think, and feel.

The Youth Prescription: An Anti-Aging Sourcebook Details

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From Reader Review The Youth Prescription: An Anti-Aging Sourcebook for online ebook

James says

This book was very easy to understand and follow which I liked a lot. There are a great many recommendations from the book that I became excited to try out after reading it. I would say to read this book if you are interested in more natural ways to maintain your health as you age.

John says

To start with, I wholeheartedly recommend this book because it can work. Obviously the purpose of it was for self-help which it accomplished magnificently. It is not simply a fountain of youth book without corroboration. The author provided substantial support in the form of historical research for the recommendations she provides. She discusses scientifically why her proposed remedies should work and reinforces them with a comprehensive bibliography and documented scientific studies. She describes many of the holistic approaches that are being used in alternative medicine today, and explains why they work or don't work. The author also explains that the methods she prescribes, she has personally tried with success in helping her to cope with a serious encounter with Lyme disease. Consequently, the book isn't simply written by someone who wants to monopolize on self-help books; it's written by someone who has experienced serious illness, found a way to cope, and wants to share with other people the potential cures. Finally, I have tried some of her recommendations, and they worked. What more can I say than that.

Penny Ross says

I was given this book for free in exchange for an honest review. The Youth Prescription: An Anti-Aging Sourcebook is a thoughtful, well-researched source of information. The author Dr. Geissel offers insightful, real life examples backed by extensive research. Humorous cartoons, shake recipes and lists are sprinkled throughout the book.

I was surprised to learn colostrum is a healing compound, nutritional supplement and can be used as a moisturizer to repair ones' skin. Handy tips on anti- aging and ways to incorporate a healthy lifestyle are included in this sourcebook. I recommend it to people who want to take charge of their health, retain their vitality and live a full life.

Karen Fields says

The Youth Prescription is an academic look at an arena where almost anyone with an opinion can proclaim a particular extract, herb, exotic fruit, or supplement to hold magical powers --- capable of restoring youth, beauty, or the obliteration of male pattern baldness. With careful attention to scientific studies, published in

credible journals, Laura Flynn Geisel has taken a look at why we are obsessed with youth, from a sociological point of view. Although understanding the cause of the obsession doesn't make it easier to see those crow's feet in the mirror, it does put them in perspective.

In addition, the author examines a number of non-pharmaceutical methods to reduce inflammation in the body and restore elasticity to the skin. She recommends specific supplements and explains how they can be both taken orally or used to create topical creams beneficial for a variety of conditions. The difference between what is explained in this book, and what one might read in a beauty magazine, is quite simply --- research.

I often react with extreme skepticism when presented with claims of the benefits of X versus Y in the "stay young" arena. I have to admit, this book got me to thinking, and I have to admit that I did order a few items. Time will tell. For the moment, I'm a believer.

Janice Lierz says

I was given this book in exchange for an honest review. The author holds a PhD in clinical psychology and wrote this book on anti-aging after suffering with her own health issues. She opens with a nudge to embrace a healthy attitude towards a natural part of our lives, which I found refreshing. Her book is well-researched and well-balanced. In it, readers receive insights on what you can do to reverse some of the negative consequences of aging and living in our world. She presents research on supplements, antioxidants and nutrition, ways to reduce inflammation. She offers recipes for face masks and juice shakes, and has a sprinkle of humor with cartoons.

This book is informative and thoughtful. I learned a few new things, particularly about colostrum, and was reminded to reinstate a few things that I used to do but had stopped. Good reminders. I also found the discussion about detox reactions intriguing. This book is a good read for anyone wanting to try something new to feel and look better and live life to the fullest.

C.D. Loza says

I like the clarity of the way the author wrote this book. She moved fluidly from one topic to another, from a more general philosophy or ideology like ageism to the more particulars of the human body. It held my attention well, even if I'm used to reading books with plot and narrative mainly because the author presented her ideas in a manner that's accessible and relatable.

The book is an excellent reference to those who would like to have a more holistic approach to health and aging. For someone like me who's looking for a road to a healthier lifestyle, this couldn't come in a more perfect time. While not everything would work for everyone, there is certainly something here for everyone that you can get to have a different, healthier approach to living.

Queen Spades says

Note: The paperback version was submitted by the author in exchange for an honest review.

I tend to approach non-fiction, in this case, self-help, slightly differently than I do fiction books. When I read a self-help book it is important that there is a balance of the following things:

~**Information**

~**Experiences or examples to back up the information**

~**Reading comprehension**

I also look for:

~**Proper citing of references**

~**Overall syntax**

-In my paperback copy of this work, I did not find any glaring errors in overall syntax. This made for a very pleasing read free of having to stop to red ink anything.

-The author did an outstanding job of properly citing references so if the reader needs to discover more information, he/she can definitely do so.

-The information was abundant, citing all the different benefits to the human body. It was delivered in a straightforward manner that was not only fairly easy to understand but got me excited about the alternate approaches to health offered. I learned about some new products and practices that I'm going to apply to my own life, which is definitely a plus.

-I appreciated how the author tied in her own experiences with Lyme disease to demonstrate how this different approach to medicine has served of great benefit. It gives other people who suffer from chronic diseases as well as myself different ways to take charge of our health rather than being just a number in a busy doctor's office.

The only drawbacks to this work I perceive are as follows:

~At times, the author got caught up in scientific/experimental tirades and took a bit too long to circle back to the central point.

~I would have liked to have seen more illustrations. I thought they provided extra emphasis to some of the main ideas she wanted the book to achieve.

Verdict: 4 Stars

If you are not afraid to try a different way to addressing your ailments or want a brand new way of thinking about aging, then *The Youth Prescription: An Anti-Aging Sourcebook* is definitely worth looking at.

Pat Eugene says

I was skeptical of another book on how to stay young, but the Youth Prescription quickly set to rest my

misgivings. Dr. Geissel has an obvious passion for her subject. She is able to convey complicated scientific evidence with an easy sense of humor and a highly informed voice. I have learned quite a few things that I can put into practice. She presented a new perspective on antioxidants and I loved the investigation of ageism and how it affects us. The book covers a lot of science that you don't normally see in the news. Refreshing! I even laughed out loud at some points. I wish I had found this information sooner, but better late than never.

J.C. Wing says

Although I am a supporter of self-help books and have, on countless occasions, borrowed or purchased many of them on various subjects, I most likely would not have chosen to read a book about anti-aging. This is where I can easily admit that, had I not been asked to review her book, I would have missed out on Laura Flynn Geissel's little gem. I feel that her book gave a positive view point on something everyone goes through but has very little control over, and I'm glad I didn't miss it.

Geissel is well educated, holding a master's degree in clinical psychology and a PhD in educational psychology. After dealing with some personal health issues, she decided to use her educational background and the results of meticulous research to write *The Youth Prescription*. While it is filled with medical and scientific terms that could be tiresome or uninteresting, Geissel manages to give her readers a wealth of information without weighing her pages down. She writes with a bit of humor and her text is relatable and engaging. She states that while everyone can benefit from the contents of her book, it is aimed at a more female readership. Being a woman myself, I could see that and appreciated it.

Geissel, while obviously very knowledgeable about that which she writes, is not difficult at all to relate to. The book is much the same as the author; intellectual but at the same time approachable.

Kevin Futers says

This is a book that I would not normally read. The author herself admitted that it is aimed at a female readership, so I have been as objective as possible in rating it.

This book is written by an educational psychologist who happens to have had an unfortunate health incident that has meant that she has used a product which as well as helping with her health, has also impressed her in other ways. In terms of credibility she is writing for the most part out of her field, although her academic presentation of facts and reviews of scientific papers are admirable both for being thorough and for referencing. If you wanted to you could follow up any of the claims made in the book and you have access to scientific journals, then you could do so.

The topic area is health and beauty, specifically how to make changes to your diet and habits in order to defy the signs of aging. It just about avoids the status of an extended infomercial by not recommending specific products. One ingredient gets a lot of coverage and it is regularly described as "magical" or "wonderful" which seems a little emotive and against the otherwise scholarly tone of the book. I was impressed enough with the claims for this substance that I discussed it with my wife who suffers from Lupus. She says she will discuss it with her Rheumatologist at her next appointment. I will probably have to remind her.

Generally speaking, this only issue I have with the order of the chapters is that she plays her ace very early. I understand why she has done this: it helps to know what she is recommending because it continues to have

applications in later chapters. It would cast a shadow over some of the other beneficial strategies that she puts forward if the last chapter gave the impression that this one factor was greater than all of the others, as she is also advocating a holistic approach to medicine which benefits from multiple complementary approaches to health.

The language of the book is both scholarly and approachable. The use of humour and the sporadic cartoons are welcome rather than forced and although there are a few literals in the text, they are few and far between. At times I found myself adrift in scientific discussions of biological processes but there was nothing that was too complex, and I last did Biology in 1984! It could daunt the general reader however.

There is no presentation of studies that are contra-indicative of the beneficial effects of the treatments and strategies suggested in the book, although I am sure that they exist. Although complementary medicine does have much to commend it, it can blur into quackery at the less honest end of the spectrum. The fact that the text relies on medical and scientific papers for validation rather than testimonials gives the book a lot of plus points, but there should still be a recognition that there may be evidence to the contrary.

The book offers a number of health and lifestyle suggestions based on the scientific findings and the author's own experiences, and nothing there is suggestive of anything that would be in any way harmful if her cautions are followed. I went onto the NHS website and could find absolutely nothing which suggests that mainstream British health practices have taken the main factor advised in the book at all seriously, but hopefully I will find out more when my wife sees her Rheumatologist.

One final comment is that it is worth taking a look at the author's photograph at the back of the book.

Normally the author's photo tells you very little about what you are reading, but here it is make or break territory. If that photograph isn't a commendation of the effectiveness of the course of action recommended, then I don't know what is!

I received a free copy of this book to review without expectation of a favourable review.

Barbara Land says

I've just finished reading *The Youth Prescription: An Anti-Aging Sourcebook*, by Dr. Laura Flynn Geissel, and I'm very pleased to have been given the opportunity to review it.

Dr. Geissel holds a master's degree in clinical psychology and a PhD in educational psychology. Having spent her career in the educational arena, she is uniquely qualified to have written this book.

When faced with serious health challenges of her own, the author embarked on a mission to find out how to become well. She succeeded, and now presents her findings in a book that will educate us all in the ways in which we can optimize our health and as a consequence, look and feel years younger. The novel substances that her extensive research uncovered will be new to many, but in reality they are ancient things that have been here the whole time, evolving along with the rest of us for millions of years. It is for this reason that they are so aptly suited to enhance our health and well-being, especially in these challenging times when our bodies are continuously bombarded with pollution, poisons and processed food.

While this is definitely a work worthy of academia, it is presented as a gift to all of us, crafted with an infinite amount of care. The workings of the physical body can be exceedingly complicated, but the author explains the various processes with an easy going manner (i.e., you don't have to have a degree in biology to understand what's going on) and the cartoons throughout the text serve to get the point across in ways that are both thoughtful and amusing.

I recommend this book to everyone, without reservation.

I received a free copy of this book in order to give a fair and honest non-reciprocal review

Y. Correa says

I always find it a bit hard to give a review on a Self-Help book. I tend to feel as though the critique one can offer is very limited, and that it boils down to two things;

- 1) Readability
- 2) How much did it actually help.

With those two things in mind I'd like to offer my short review and concise thoughts.

Readability:

As it pertains to this subject, this book is very well written and fairly easy to understand if you don't mind the occasional veering off into some extended bouts of scientific talk. While the book is mostly entertaining and understandable, there are certain intervals where the author (rather intentional or unintentional) deviates into long periods of scientific facts and figures. Although, I can understand why this happens—she IS a doctor, after all—I don't necessarily believe that it makes the read very practical in that aspect as many of the readers that might pick this book up might not fully understand the ins and outs of science and how it reflects on the human body. Moreover, there might be people that are simply not interested in it.

I believe that there are some things, in the end, that could have gotten shaved out of the book as a whole.

Amount of viable help:

This part is going to get a little bit personal for me.

I believe, personally, that this book IS INDEED very helpful. There is a surplus of information that can truly be beneficial to the reader looking for a practical and sensible way of maintaining healthy and youthful.

Here is what I mean...

Independently, I, tend to be told that I look very young for my age. However, privately, I do have some health issues that I wish I had an efficient and easy way to treat. So, while on the surface I don't necessarily look my age, inside I feel like I'm a rotting corpse *giggling*.

I say that to say this; when I first opened this book I thought that it was going to be yet another one of those preachy, self-help, weight loss, use this face cream and not the other, spend a million dollars to look like J-Lo, do what I say, how I say type of books. The ones that tell you it's their way, no high way option. The sort that want to inundate you with exercise regiments, menu schedules, nutritional supplements, the best Hollywood plastic surgeons, the newest world wide fad, type of mumbo jumbo that simply put, infuriates me. And, I must admit, at first glance (per the first few chapters) I truly thought it was headed in that

direction.

THEN, I was thrown a curve ball. I was introduced to Colostrum, which I am now calling “the miracle supplement”. I learned SO MUCH that I’d never been taught before about this natural nutritional subsidizer that I was left with a lasting impression. Needless to say that I am going to get it for myself.

Along with what I learned about Colostrum and all its benefits, I also got some nifty smoothie recipes—Lord, knows I love me some smoothies. And a lots of additional information that I found very helpful in making my ultimate decision about starting a Colostrum regiment for myself.

Also, there is a nifty glossary at the back to help those who a “medical terminology impaired”, and I found it pretty helpful in defining some things that I was questioning.

In the end, I recommend this book to anyone wanting to learn how to take care of themselves in a simpler fashion that doesn’t include killing yourself.
