

The Immortal Diet - How You Live 1 Day After Forever (Immortalist Secrets)

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✓ Verified Book of The Immortal Diet - How You Live 1 Day After Forever (Immortalist Secrets)

## Summary:

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This is the first book in a series of books telling of the secrets of immortality. Immortally or living forever in the body you were born with has been one of the best kept secrets for hundreds of years. This first book of a series deals with how living forever is physically possible. It explains physiology which is the how and the why the body functions and what it needs to renew itself indefinitely. It explains "The Immortal Diet" requirements to get healthy, stay healthy, and live forever. A diet that is easy to follow, inexpensive, safe, without side-effects, slimming, and environmentally conscious. All ages can thrive on this diet and especially those who are wanting to combat the effects of chronic disease and aging such as cancer, Parkinson's, AIDS, heart disease, obesity, ADHD and ADD, among many others caused by inflammation and toxicity. The author reveals the answers to many questions about what the human body needs to perform disease free and how to keep it running like a fine tuned engine. If you would like to know what it takes to have long lasting good health, to make the necessary changes, and to take back your power to control your health, then this book is for you. It is written in plain spoken language so that anyone can understand it that does not have a medical background. The author treats a serious subject with light humor and familiar examples. Although the science is well researched and factual, the author does not bore or confuse you with case studies and statistical data. The authors main objective was to reveal the secrets to physical immortality and to give the reader a clear understanding of what the human body needs to survive without disease. Survivalists, environmentalists, conservationists, and anyone interested in world overpopulation will be very interested in the "IMMORTALIST SECRETS SERIES" of which this is volume 1.

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