



Maxihealth: Your New Health Mojo

Edward Eylar

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To paraphrase Mae West, it's not the years in your life, but the life in your years that count, and this, precisely, is the object of Maxihealth: to add happy, healthy years to your life. Maxihealth means optimal health! This book aspires to be your bible of preventive medicine; a roadmap, that shepherds you past the risks for heart disease, cancer, diabetes, and Alzheimer's on an extended journey that avoids much of the frailty and unpleasantness of old age. Along the way, stuff a few Maxihealth Mojos in your old kit bag, and we'll navigate through the mine fields of obesity, stress, free radicals, addictions, glucose tantrums, crappy food, lethargy, depression, and the new bad boy, inflammation. We'll learn of the conspiracy between your Stone Age genes and junk food, TV brainwashing and munchies that is accelerating our descent into what I call The Jabba State, where we'll slither all day from one fast food joint to another in a Star Wars future where the monsters are us. Get motivated by our role models, from Lance Armstrong to Miss Piggy, and then immerse yourself in the Mojos including: ACE inhibitors, exercise, N-acetylcysteine (NAC), red wine, glucose control, weight management, optimism, and the old standbys---veggies and fruits, plus many more. Salut!

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