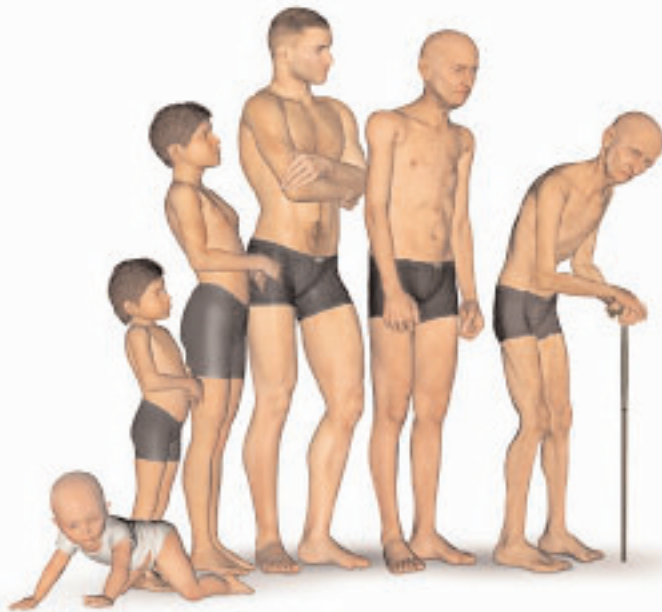


Cure Aging or Die Trying



We age because a clock ticks inside every dividing cell of our body. This clock is called telomere shortening: every time cells in our body divide, the ends of our chromosomes get shorter, until the cells can no longer divide. As this happens, we grow old, and we die.

But, we don't have to. There is an enzyme called telomerase in the genetic code of our cells that re-lengthens our chromosomes. It's just switched off.

And, at Sierra Sciences, we have discovered more than 25 chemicals that turn it back on!



For more information: www.Cure-Aging-Or-Die-Trying.com

& BENNETT S. FLAUM Psv.D
MITCHELL P. FLAUM Ph.D

“This book is dedicated to all those willing to take the challenge of making the journey of self-exploration from illness into healing”.

Illness of any type can be experienced with sadness and dread. As humans with ego and will, we fear that which we cannot control and in the throes of which we feel helpless. Indeed, even simply giving an illness a name often creates for us a further feeling of distance from it, shrouded in mystery and impalpability, unknowable and removed from our grasp.

Illness is a call to examine our lives more closely and exercise our freedom of choice by choosing wisely. With choice, however, comes the challenge to change, despite whatever emotional blockage may reside within us leading us to resist such change.

An alternative approach to illness is to observe it with interest and rational study. Illness is dis-ease, a state in which the body is thrown off its predictable rhythm of activity. Learning what we can about how and why this has occurred and exploring our own capacities for acting as agents of repair is already a step in the direction of healing.

The emphasis of this book is to provide information to empower the reader to gain life mastery by becoming aware of the vast array of lifestyle choices available.



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