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Radiant Health Ageless Beauty: Dr. Christine Horner's 30-Day Program to Extraordinary Health, Beauty, and Longevity

Christine Horner

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You might think preventing the stereotypical decline in old age requires an austere life with hours of meditation every day, along with juice fasts and yoga; or hours of rigorous exercise and a diet of lettuce, carrots, and wheat grass, along with expensive spa treatments and plastic surgery. Or you may believe that your health and longevity are programmed in your genes and there’s nothing you can do about it. Board-certified plastic surgeon and expert in natural health, Dr. Christine Horner, says no matter what you were dealt in the genetic lottery—and no matter what your age—you can enjoy a long life of radiant health and ageless beauty. And it can be simple, fun, and adventurous. Using the principals of Ayurveda, a 5,000-year-old system of medicine, along with the latest cutting-edge research, Dr. Horner tells you exactly what you need to avoid and what you need to embrace to experience extraordinary health and longevity. Radiant Health, Ageless Beauty sums up with Dr. Horner’s 30-Day program for extraordinary health, beauty, and longevity. Each day presents a new health tip for you to implement into your life. An extensive resource section lists contacts for obtaining all the foods, supplements, products and programs that can stack all the odds in your favor of enjoying a long life and staying vibrant, strong, and happy.

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