



## Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively

*By Doctor X*

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### Anti-Aging Drugs, Peptides, Hormones & Supplements 2015: An A to Z Of Life Extension Compounds And How To Use Them Effectively By Doctor X

This unique book provides a database of the most effective anti-aging compounds currently available, giving practical advice on exactly how to implement their use into your life extension program. The compounds listed have been divided into four separate classifications, consisting of pharmaceutical drugs, peptides, bio-identical hormones, and over-the-counter supplements. In each section, and for each individual compound, the author tells you exactly how they work in the body, what the anti-aging / life extension benefits are, plus advice on the most effective dosage and administration methods. The book has been written in an easy to understand style, with the minimum necessary use of technical terminology. It is a practical hands on guide that the layman should find easy to implement and, wherever possible, information has been kept simple and to the point.

A few words from Doctor X: "Maximizing healthy lifespan. The subject is my passion, perhaps my obsession. Whichever it is, my intention is that we both shall benefit. That is why this book was written. Sadly there appears to be a severe lack of information available, both in current publications and online, regarding how to effectively put together a comprehensive, optimized, synergistic supplementation program. One that will effectively extend life while maintaining sharp mental function and preventing disease as we age. I often have new clients seek my advice regarding optimizing their current supplementation programs, and I cannot tell you how many times I have been horrified at the mish mash of random compounds they had been taking, often at the wrong dosage and incorrect frequency. This book seeks to address this issue, offering information and advice on each of the best anti-aging compounds, including exactly how to combine them in an effective supplementation program, based on your level of experience and available commitment."

The author has personally used and evaluated every single compound listed, and continues to use many on an indefinite basis. The information provided in this

book is based on the resultant knowledge gained from the author's many years of personal human lab rat experiments, the invaluable feedback of his clients, and the findings of independent scientific studies. The following compounds are covered in detail by this publication:

Acetyl-L-Carnitine, Alpha Lipoic Acid, Aspirin, Astaxanthin, Bio-Identical Hormones, Centrophenoxine, CJC-1295, Curcumin, Deprenyl, DHEA, Enzymes, Epitalon, Estrogen and the Menopause, Gerovital (GH3, KH3), Green Tea Extract, Growth Hormone, Hydergine, Iodine, Ipamorelin, L-Carnosine, Magnesium, Melatonin, Metformin, MSM, NAC (N-Acetyl Cysteine), Omega-3 (DHA/EPA), Peptides, Phosphatidylserine, Piracetam, PQQ, Pregnenolone, Probiotics, Progesterone, Rapamycin, Resveratrol, SAME, Selegeline, TA-65, Testosterone and the Andropause, Thyroid Hormone, Thyrotropin Releasing Hormone (TRH), Trimethylglycine (TMG), Ubiquinol (CoQ10), Vitamin B12, Vitamin D3, Vitamin E Tocotrienols and Tocopherols, Vitamin K2, Zeolite.

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