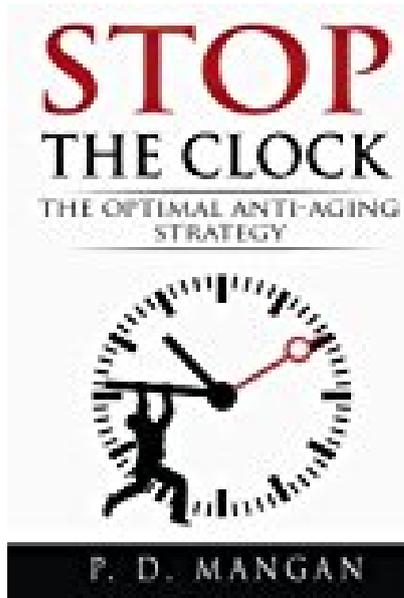


# Stop the Clock The Optimal Anti-Aging Strategy

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## BOOK DETAILS

- Author : P. D. Mangan
- Pages : 98 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1514282429





## BOOK SYNOPSIS

Dumping Iron: How to Ditch This Secret Killer and Reclaim Your Health is a game-changer in health and fitness. The accumulation of excess iron in the body, a condition that affects perhaps the majority of adults, leads to much higher risk of heart disease, cancer, diabetes, obesity, brain diseases such as Alzheimers and Parkinsons, and shorter lifespan. Dumping Iron shows how to measure your iron levels, what the test numbers mean, and how to go about lowering iron if necessary. Humans are adapted to a low-iron environment, so once iron is in our bodies, it virtually never goes away. Our new, high-iron environment leads to iron accumulation, and to ill health and early death. Iron is the secret killer that no one is telling you about. Finally, in Dumping Iron, the scientific and medical data that indicts iron is assembled in one place. What the experts say about Dumping Iron: "Dumping Iron by P. D. Mangan is a must read by anybody interested in maintaining optimal health, including those in the medical field. Iron overload is an exceedingly common malady in the population and it is easily diagnosed, but it is under-addressed. It leads to heart disease, diabetes, cancer and numerous other chronic and debilitating illnesses. The good news is that iron excess can be prevented and readily treated, which results in a decreased risk of many diseases and improvement in overall health and vitality. Dumping Iron clearly tells us how to achieve these goals." - Luca Mascitelli, M.D., Lt. Colonel, Italian Army, and author of numerous scientific papers on iron and health. "In Dumping Iron, Dennis Mangan has provided the reader access to a massive scientific data pool linking body iron overload to major diseases of mankind... I submit that Dumping Iron should be required reading in science and nutrition for high school and above. The ultimate triumph of Dumping Iron might be an informed public that will increasingly access ferritin test screening, and health care providers better prepared to interpret tests of iron status, particularly the ferritin level. Acknowledgment of risks of iron overload and proper product labeling might lead to reduced public iron intoxication and improved population health to a degree that would be no less than monumental!" - Leo Zacharski, M.D., Professor of Medicine, Geisel School of Medicine, Dartmouth College. Dr. Zacharski has written extensively on the connection between iron and disease, and has conducted clinical trials of lowering iron. "Iron has been compared to fire. A small amount of fire is quite useful in our stoves and furnaces. But when fire is ravaging the contents and walls of our home... BEWARE. In this informative book, Dennis Mangan makes clear the devastation that can be caused by excessive/misplaced iron in the tissues and walls of our bodies. We learn that for essentially all diseases - infections, cancers, Alzheimers, Parkinsons, diabetes, gout, osteoporosis, cardiovascular ills, and more - that the iron burden is a dangerous risk factor. But equally important, the author describes a variety of well tested methods that are readily available to neutralize the iron peril. Adoption of even a few of these methods can remarkably decrease iron-catalyzed disease episodes, enhance well being, and, not least, increase longevity." - E. D. Weinberg, PhD, Professor Emeritus of Biology at Indiana University, and the author of over 140 scientific papers, many of them on the role of iron in disease. Dennis Mangans revolutionary new book Dumping Iron: How to Ditch This Secret Killer and Reclaim Your Health is a must read even for the most informed Health and Fitness professional. - Jay Campbell, author of The Definitive TRT MANUAL

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