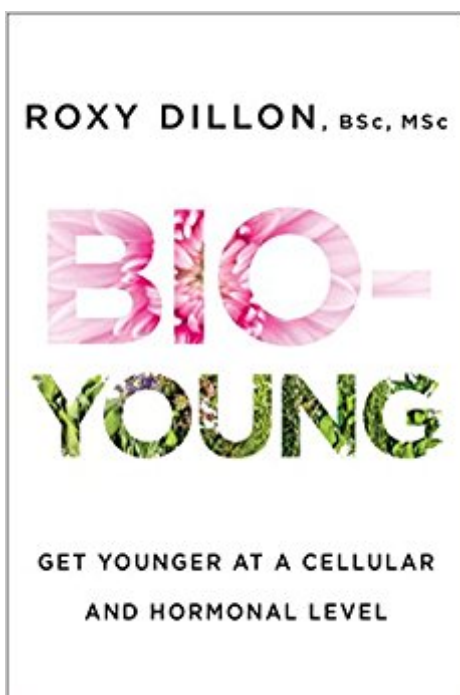


The book was found

Bio-Young: Get Younger At A Cellular And Hormonal Level



Synopsis

A groundbreaking, easy-to-follow, all-natural anti-aging program using vitamins, natural oils, and many common foods that will help you to look and feel younger. You've always heard that "age is just a number" – now Roxy Dillon, the Youth Guru, has the science to prove it. Those wrinkles under your eyes are not simply an inevitable part of the aging process. Actually, those unpleasant surprises in the mirror are a result of the decline in your cellular and hormonal functions. Science shows us that your hormones quickly decline after age thirty, leading to a variety of changes in your body including hair loss, saggy skin, and unwanted facial hair. The good news is that all of your aging symptoms can be halted – and even reversed. In *Bio-Young*, renowned anti-aging expert Roxy Dillon guides you through an easy-to-follow regimen that will naturally stop and reverse the aging process. Amazingly, common plants and foods contain compounds that are now scientifically proven to stimulate cellular and hormonal function, and actually reverse aging! Using ingredients that you can find at home, you can stimulate your hormone-producing glands into youthful activity again. Discover the bio-active foods, herbs, supplements, edibles, and essential oils that you should be eating, or applying externally, and learn how their key compounds (such as resveratrol in red wine, squalene in olive oil, or ferulic acid in rice bran oil) will plump your skin, reduce high blood pressure, and even fight cancer cells. From restoring thinning hair with rosemary and smoothing wrinkles with honey, to preventing grey hair with onion juice – there's a natural solution for every problem. Roxy has created a clear-cut program that will help you take control of your looks and turn back the clock. Get ready to look and feel years younger!

Book Information

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Aging > Diets & Nutrition #1157 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#)

Customer Reviews

"A zippy, informative, and intriguing approach to defying age." (Booklist)
"There is a lot of food for thought (both literally and figuratively) in this book. There is a world of need for having synergy between what happens in the body and the influence from what we put into it [which] Roxy has touched upon in this very well thought out book." (Dr. Mark L. Gordon, Medical Director of Millennium TBI Network)

Roxy Dillon has practiced nutritional, orthomolecular, and herbal therapy since 1979, and has studied at some of the world's most prestigious places of learning, including the Burden Neurological Institute and the Institute of Neurology. She holds a BSc in Psychology and a master's degree in Biochemical Pharmacology, and has been featured in numerous publications, including *Cosmopolitan* and *Woman's Journal*. Roxy now lives in England.

A wealth of information. I like that she shares her knowledge & gives formula for how to make remedies that she uses herself.

i have this on audible, but it's the kind of thing (recipes for home made products/skin care) that I love to have. But, who knew Dill Seed essential oil was so amazing.

This is one of the best books I have read on hormones and aging problems. It has a very positive tone, and great information on alternatives to hormone therapy.

fast shipper
general advice, including how to increase or supplement with HGH

good book she gives chapter summaries with natural ways to get your supplements or substitute with different oils or minerals. It's not just about looking young. It's about a healthier life style.

I am really enjoying this book. Still reading it. It has great information.

This is an amazing work and, as far as I know, completely unique of its kind. It takes the

physiological mechanisms of aging chapter by chapter and addresses a little about how each mechanism functions and degrades with age so the reader will understand how each type of natural substance works on those mechanisms to either increase cellular function or improve hormonal balance. When cellular function and hormonal balance are improved, the body can function (and look) like it is much younger than its years. It covers most of the common mechanisms of aging. It is a *little* technical, which is great for me, because I didn't have to go and research those explanations on my own -- but it's not a hard read by any means and even a reader who doesn't care for technical explanations shouldn't have a difficult time with this book. And even if you do, it will be worth it. The treatments recommended in this book are really incredible. When I came across the book, I was on the lookout for natural oils or other natural substances that would help my skin to stay firm and tight while I lose a lot of weight. Even though the author promises really crazy youthful results, I took it with a grain of salt and figured, I know the power to be found in plant-based remedies; they are not magical, but they are effective. So that was my attitude when I gratefully took this book home to put into practice the ideas therein. I was grateful because this book might have been written with me in mind -- technical enough to satisfy most of my scientific curiosity, but almost all the treatments therein were natural plant-based remedies that I could make at home on my own. So I was a happy camper; not exactly skeptical, but realistic in my expectations. I read the book and found that, as a home herbalist, I already had a lot of the "ingredients" for the suggested treatments in my house, so I started by mixing several oils and essential oils together into a post-shower body oil and began to use it twice a week (which is as often as I need to shower, as I have a dry body composition). I was hoping that, over the course of months of losing weight, I would just not have a lot of sagging skin. That's all I really thought I wanted. But I got way more than that. I am 43 yo and was looking much older than that. Within 2 weeks of using this oil, I looked significantly younger. People began to comment on it. I do try not to be a braggart, but out of fairness to the author and the hope of supporting her in her work (because I want her to be successful for her own sake and for mine, as I benefit from her research and writings), I'll be forthcoming -- I was getting downright pretty again. My eyes were brighter, my lashes and eyebrows were longer and fuller, my skin was healthier everywhere that I applied the oil, and my hair (which got the oil that was leftover on my hands) was getting fuller. It was remarkable. So I made some other concoctions based on her advice. (Most of her treatments are very simple -- just 1-3 things to mix and either ingest or apply externally -- but I decided to combine treatments to minimize the hassle of applying too many kinds of treatments. I'm not quite vain enough and way too lazy to put on 12 different beauty treatments a day.) Basically, what I have now is the basic body oil that I started with and a few other treatments

to address problem areas I was/am having. That includes a hair serum, a hair conditioning pre-shampoo treatment, an eye oil, a facial treatment, and a "trouble spots" oil for things like cellulite, the more stubborn sagging skin, unwanted body hair, etc (that all seem to happen on the same parts of my body). I also try to include as many of the foods she recommends as is practicable, considering my other diet and budgeting needs. I added these treatments to my routine one or two at a time over a total of about 2 months now, and I plan to continue adding more treatments as it is convenient for me. I don't do all of them every day. Most I just use about twice a week. After using these treatments for just 2 months (and keep in mind that some were added to my routine later on), I look around 10 years younger and much prettier (as in my younger days), all the above improvements have just increased with time, I have new hair growth (I have been dealing with hair fall since age 18), my dark circles are disappearing, I feel better within (which I attribute to hormonal balance), and younger men have been flirting with me -- which was entirely unexpected and kind of crazy. And the best part is that my original reason for buying the book -- to prevent sagging skin from weight loss -- has been amazingly well fulfilled by using Roxy's treatments. Every time I lose a few more pounds and it begins to show in my skin, I just increase the applications of oil to those parts and they tighten up unbelievably fast. If I didn't have the weight loss factor, my skin would probably be even tighter than it is already. And what I love most is that all these benefits are the results of increased health, not a cover up, not faking it, not putting toxic substances into my body to pretend I'm prettier or younger than I really am. Just good stuff for good health, which happens to also make me look younger and more beautiful. I bought this book from a local B&M store, not from . I don't know the author personally except via email, since she has been wonderful about answering my questions. I'm trying to temper my excitement because I know that if I don't, this review will sound totally fake. Roxy's advice is just that amazing. I'll sound like I'm trying to sell something, and every sentence would have an exclamation mark. Just get the book. Try the ideas in it. Most of them are easy, many of them are cheap, and the worst that can happen is you'll look the same as you do now, with no negative side effects (as long as you have no allergies to the substances you choose to use). But if your experience is anything like mine, you'll be gorgeous and have to brush up on your rejection skills because you'll get a lot of offers.

very hands on, would love to meet this Roxy Dill-ON

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