



Crazy About NR?

By Christopher Hertzog

BooksMango. Paperback. Condition: New. 44 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. This book is intended to be a laymans guide to NR, or Nicotinamide Riboside, which is a very recent addition to the anti-aging arsenal! NR is present in all our living cells and promotes NAD, which in turn fuels the mitochondria, or powerhouses, in every single cell in the body. Tested mainly on mice so far as the nearest practical mammal to humans in this respect, tests have proved both exciting and positive and promise to slow down aging, help with cholesterol levels, aid hearing function and combat tinnitus. Dr Christopher Hertzog is a well known medical researcher and member of the Institute of Anti-aging Medicine (IAAM). He is the author of several books and papers, including Live Younger, Live Longer and Beta Glucan a 21st Century Miracle He has sponsored various health conferences in the U. S. and is a director of a company constructing a world class Clinic at Khaoyai in North central Thailand. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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