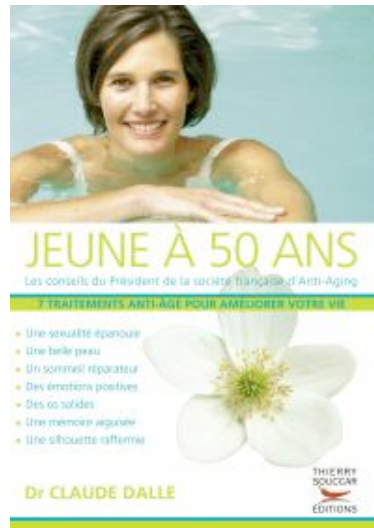


## Jeune a 50 ans (Young at 50)



### Presentation

My friend and colleague Claude Dalle, from Paris, has been very kind to send me his last book entitled "Young at 50!". He is the president of the French Anti-Aging Association, and he is one of the main European and World experts of anti-aging medicine. He was able to condense many teachings in a book especially for patients, but also for us, doctors, in order to take some good advice and pass them on to our own patients.

So, we can find:

- how to better stimulate our sexuality, improving the libido
- reduce the fatigue
- improve also the loss of hair
- better understand the hormonal stimulations and learn how to use some food to help the absorption without any risk due to a real medicine
- when to integrate with homeopathic medicine and not...

So, a short book to savor in few nights to be a better person.

Interesting even though it is written in French.

Thanks again, Claude!