

"I think after 1994, when I was 40, I was convinced I was old. Judith Reichman, M.D., shows women how to prevent the most common signs of aging, keep their bodies healthy, and feeling good on the inside." —*Crain's Chicago*

SLOW YOUR CLOCK DOWN

A WOMAN'S
COMPLETE GUIDE
TO A YOUNGER,
HEALTHIER YOU



JUDITH REICHMAN, M.D.

New York Times Bestselling Author and
Medical Correspondent for the *Today Show*

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Lingsheng Yao



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