

# STOP AGING NOW!

**THE ULTIMATE PLAN FOR  
STAYING YOUNG & REVERSING  
THE AGING PROCESS**

BASED ON CUTTING-EDGE RESEARCH  
REVEALING THE AMAZING ANTIAGING  
POWERS OF SUPPLEMENTS, HERBS & FOOD

**JEAN CARPER**

AUTHOR OF THE *NEW YORK TIMES* BESTSELLER  
FOOD—YOUR MIRACLE MEDICINE

# Stop Aging Now The Ultimate Plan For Staying Young And Reversing The Aging Process

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