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## ***Younger Next Year \* turn back your biological clock: a guide to Living like 50 until You're 80 and Beyond***

Chris Crowley & Henry S. Lodge, M.D.

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We are all only too aware of the enormous revolution in health and disease that has occurred since Still's days in nineteenth century America. A new challenge faces us and our patients in the twenty first century. Our children are in danger of a shorter life span than us due to type 2 malnutrition and we are facing the challenge of avoiding burnout and obesity and staying vigorous and healthy into our later years.

As the title of Crowley and Lodge's book clearly implies, there *is* a growing body of scientific knowledge pointing the way to help us stop decaying. We need to change the signals we send out bodies. The keys to overriding the decay code are daily exercise, emotional commitment, reasonable nutrition and a real engagement with living. But it starts with exercise. Aging is up to nature, but decay is up to you!

The key to this book is that we need to do something every day to tell our body it is springtime. As our body gets consistent signals from physical activity our brain changes too and develops a chemistry of optimism. Being sedentary is the most important signal of decay. Your body watches what you do, your physical behaviour, every day like a hawk. It isn't complicated, most of us know it, but Crowley and Lodge team up in a complimentary way to get us sufficiently cheerfully engaged to take action.

Crowley is in his early 70's and retired New York lawyer who is out there taking us with humour and compassion through the challenges of the new retirement and beyond, while Lodge, his doctor, is in his late 40's and takes us through the latest findings of the new biology that is changing our thinking about aging. He takes us simply and clearly through much of the latest thinking on cytokines and inflammation and how this controls growth and repair and how exercise is at the heart of this and underpins the aging revolution that is happening with those who are taking on the fact that our body looks to use to choose between the two choices of growth and decay.

I liked this book the more I read it. It's straight talking; serious but humorous style speaks specifically to those who are only too aware that they are no longer riding the easy tide of youth but need to swim a bit against the tide of decay and aging.

For those who want a bit of help and advice to turn there lives around and avoid the avoidable and accept the inevitable it is a good read. Sensible, optimistic, funny and acts as a great guide and inspiration for you or your patients to take action that can cut your risk of dying by half.....its hard to argue with that.

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