

Here's what the experts  
are saying about *Younger You*:

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*"Dr. Braverman zeroes in on a very important concept: the need to keep all organ systems healthy and functional. Most important, he also offers provocative methods for doing just that."*

—Julian Whitaker, MD Founder, Whitaker Wellness Institute Author, Health & Healing Newsletter

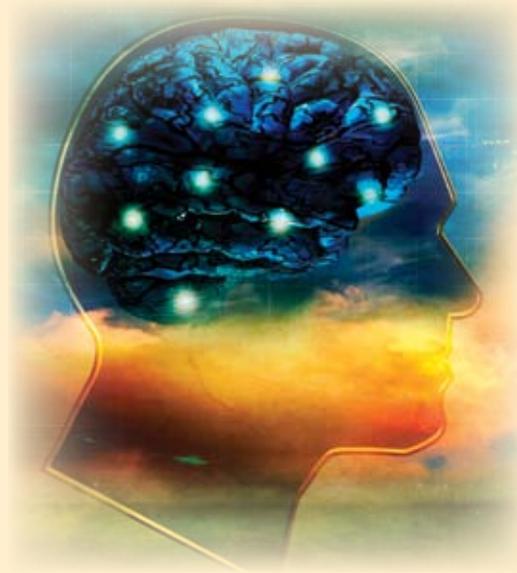
*"Dr. Braverman's book Younger You introduces the connection between the brain's chemical messengers and it's inherent "aging code." With this knowledge, you will be able to break the aging barrier and become younger.*

*Just as Dr. Braverman says, we are only as young as our oldest part. This book is not just for us, but for our children, who can make changes to their diet and lifestyle now and reap the rewards later."*

—David Perlmutter, MD, Director, Perlmutter Health Center

*"Younger You is an interesting and logical approach to preventing, diagnosing, and modifying the aging process. Dr. Braverman focuses on the role of the brain, as the "master" organ of the body, and emphasizes the importance of following proper lifestyle in maintaining its normal function."*

—Isadore Rosenfeld, MD, Rossi Distinguished Professor of Clinical Medicine, New York Hospital Weil Cornell Medical Center and author of Live Now, Age Later, Power to the Patient and Doctor, What Should I Eat?



Don't miss this opportunity to receive *Younger You* for free, when you join the Life Extension Foundation now at the specially discounted rate of just \$39.95 for one full year. Join the tens of thousands of people just like you who have taken hold of the chance to live a longer and healthier life through membership in this remarkable organization! Start enjoying all their outstanding health benefits right now and also be one of the very first to receive Dr. Braverman's new book when it is published in January 2007.

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**To join for the incredible discounted rate of just \$39.95 and receive *Younger You* FREE, call toll-free anytime 1-877-277-0322. Or visit [www.LifeExtension.com/youngeryou](http://www.LifeExtension.com/youngeryou)**



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*The Key to Your Fountain of Youth Is in Your Hands Right Now.*

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# Breaking the Age Code Barrier is as Simple as One, Two, Three, Four.



It was the ancient Greek physician Hippocrates that first classified disease symptoms and behaviors into four temperaments. Later, Galen, a Roman physician, refined this earlier theory by dividing disease classification into four humors. In the 18<sup>th</sup> and 19<sup>th</sup> centuries human anatomical study identified four primary brain lobes. Pharmaceutical discoveries leading up to the 1950s revealed the presence of brain chemicals, while neurologists were soon able to define **four primary brain waves**. In the late 20<sup>th</sup> century, psychologists and psychiatrists once again returned full circle with the classification of four behavioral temperaments. Today there is now a unified theory: four brain chemicals in four brain lobes generate four electrical brainwaves that influence four types of behavior and four groups of physical symptoms which, in turn, are part of four classes of medical conditions that have four treatment paths for the effective restoration of health. This is the theoretical basis for Dr. Braverman's exciting new book, *Younger You* (due January 2007).

Eighty percent of the complaints that can cause you to seek primary medical care are directly related to deficiencies in one of your four primary brain

chemicals, or neurotransmitters. These are **dopamine**, the amphetamine-like chemical which controls your brain's energy, or power; **GABA** (or gamma aminobutyric acid), the calming chemical which controls your brain's rhythm; **acetylcholine**, the neuron-insulating chemical which controls your brain's speed, or memory; and **serotonin**, the sleep-regulating chemical which controls your brain's balance, or mood.

While each one of us has all four primary neurotransmitters, every person has one that dominates. This is called your "nature." Your dominant brain chemical, in unique combination with the other three, essentially defines who you are and why you're good at what you do. It's a deficiency in your normal brain chemistry that causes you to feel unwell. To restore your health, you simply restore your brain's chemistry.

Initial brain chemical deficiencies show up as mild symptoms at first which, if detected early, can be treated effectively with diet, supplementation, and lifestyle changes. If ignored, however, or treated only superficially, early deficiencies will develop into full-fledged health conditions that require serious medical attention.

As explained in Dr. Braverman's book *Younger You*, effective treatment of these deficient neurotransmitters

requires a basic two-pronged approach: (1) diet and natural supplementation with specific nutrients can replenish vitamin and amino acid deficiencies and (2) behavioral and environmental modification can reduce, or totally halt, stresses to the brain which can deplete its chemical stores.

In *Younger You*, Dr. Braverman includes simple tests for determining your dominant neurotransmitter and neurotransmitter deficiencies, along with four natural treatment programs designed to address and restore each of the four brain chemical imbalances. By balancing brain neurotransmitters with specific nutrients, hormones, diet, and lifestyle changes, you can delay the progression of many age-related diseases and return to a younger you.

*Younger You* by Dr. Braverman will allow you to live longer, be healthier, and look younger than you ever have before. That's why we're pleased to be able to offer it to you free just for joining the **Life Extension Foundation** now at the incredibly low price of **only \$39.95** for a full year!