



Publication date	February 09, 2021
Price	US\$19.99/CDN\$24.99
EAN\ISBN-13	9781472142498
BIC 2.1	Health & personal development (V) Popular medicine & health (VFD) Coping with ageing (VFJG) Fitness and diet (VFM)

Binding	Trade Paperback
Format	C Format
Depth	42mm
Extent	464 pages
Word Count	145,000
Illustrations	40 b/w diagrams
Exclusively for Sale	UK; World
Not for Sale	None

Author living in **Cape Town, South Africa**

1st Serial	Refer to Publisher
2nd Serial	Refer to Publisher
Audio	Refer to Publisher
Dramatization and documentary	Refer to Publisher
Electronic	Refer to Publisher
Film and TV	Refer to Publisher
Large print	Refer to Publisher
Translation	Refer to Publisher
Undramatized (straight) reading	Refer to Publisher
US	Refer to Publisher

Younger for Longer How You Can Slow the Ageing Process and Stay Healthy for Life

Dr Duncan Carmichael

Keynote

Younger for Longer shares the author's detailed knowledge of hormones, toxins, nutrition, stress and other factors to provide a comprehensive, up-to-date and medically rigorous description of health, ageing and the human body.

Targeted at the general reader, his book reveals practical steps to slow the ageing process and stay healthy – in short, how to stay younger for longer.

Research carried out since the book was published in late 2018 shows the messages central to *Younger for Longer* – particularly those about nutrition, the immune system, hormones and countering inflammation – are key to reducing COVID-19 risk factors.

Reviews and Description

'Revelatory and accessible.' *Sunday Post*

'[Dr Carmichael] has studied nutrition, hormone balancing and aesthetic medicine, and his passion, on which he lectures globally, is healthy ageing. His approach in his fascinating new book, *Younger for Longer*, is scientific and holistic.' *The Times*

'Be good to yourself ... [*Younger for Longer*] features wisdom on nutrition, sleep, mood regulation and, most importantly, hormonal health for men and women.' *The Scotsman*

'[Dr Carmichael] has achieved the rare feat of presenting a massive body of work in a highly accessible format, that will appeal to both lay persons and medical professionals. It is a simple matter to recommend this book most highly. It is as good a book on this topic as any I have seen. It is a ruthlessly objective scientific analysis of what is known about the steps we can and must take to sustain our health and so to stay younger for longer. And those steps do not, Carmichael concludes, lie in the future with the next great medical discovery that is just around the corner. They exist already – within ourselves.' Emeritus Professor Timothy Noakes

'I have not stopped learning on my Low-Carb, Healthy Fat journey. *Younger for Longer* continues that process for me with an incredibly well-referenced text. It's refreshing to see the balance of nutrition and lifestyle discussed in such an informed and robust manner.' Gary Fettke, orthopaedic surgeon, health activist and author

'*Younger for Longer* tells you exactly what you need in order to live an extended healthy life. It's very 80/20 and one of the best books I've read in ages.' Richard Koch, author of million-seller *The 80/20 Principle*

'Fascinating. Packed with the most incredible information about health.' Radio Today SA

The goal of this book is to show readers how to live a healthy life free from the debilitations of ageing, helping them to stay mentally alert and physically active, and making sure they get the most out of all of their years. With research showing that obesity, nutrition and lifestyle illnesses can hamper our body's response to COVID-19, such advice has become even more crucial.

The key is to aim for optimal health. However, focusing on one factor alone will not get us there. Our sleep, our mood, what we eat, our detoxification system and our hormones are just some of the factors that interact in amazing ways to make us who we are; they are also at the very heart of the aging process.

This book shows how these different strands combine in ways that can be positive or negative, and explains why this interaction depends far more on the lifestyle we choose than on the genes we inherit. In that way it gives the reader a unique and comprehensive understanding of their body and tells them how, with this knowledge, they can maximize their health.

The topics range from nutrition, toxins, men's health and women's health to understanding why our skin, brain and liver age - and how to undo the damage and stave off ageing. But the book's main focus underlying all of this is hormones: the chemicals that tell different parts of our body what to do. Our hormone levels vary throughout our life, but if they are supported correctly, they can keep us youthful and vital into our final years.

Finding health, then, is not about "seven ways to detox" or "the five best vitamins". The body is far more complex than that and, in an approach aimed specifically at the layperson, *Younger for Longer* traces the exciting path of how the body works to help the reader create the best person they can be for the rest of their life.

Little, Brown Book Group Ltd.

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Sales Points

- Countless articles and numerous books cover different topics of health and ageing, but this book is the first to bring all of that knowledge together and provide readers with a comprehensive understanding of what optimal health is, and how to get there.
- It explains many of the secrets of health in an easy-to-understand style.
- It covers a full range of health topics, backed by extensive medical references to map out the reader's best path to health.
- It approaches topics like cholesterol, menopause and skin cancer, offering a logical path to health through all of them and contains specific chapters on men's health and women's health.
- It unlocks the exciting technologies of the future that should see human life extend far beyond what is possible today.

Other Reviews

'Many books have been published about using diet and lifestyle measures to improve health. Most have focused on food and exercise. Dr Carmichael goes much further with a truly holistic approach to health and particular focus on the role of hormones in optimal well-being. This book covers everything from activity to zest, with sleep, stress and more in-between. It's highly readable, well referenced and well explained. I highly recommend it.' Zoë Harcombe, nutrition researcher and author

"It's not just how long you live, but how well you live those years. Live fuller and with more vitality with the 21st century wisdom presented in *Younger for Longer* by Dr. Carmichael, who understands that aging is not something we need to succumb to, but embrace and enhance with a better understanding of food, nutrients and lifestyle." Deanna Minich, PhD, educator and author, *Whole Detox*

'Offers valuable, honest and solid medical insights into how you can age better. It is, without doubt, one of the best books I have read in my many years as a health activist.' *Longevity* magazine

'Absolutely fascinating . . . An amazingly simple book to read. It talks to all sorts of topics.' SAFM

Author Biography

Dr Duncan Carmichael is a medical doctor with 25 years of experience in the profession. He is a regular speaker and lecturer at conferences on aesthetic and anti-ageing medicine in his home country and abroad, and has written numerous articles on healthy ageing.

He qualified in South Africa then trained further in Europe where he studied nutrition, hormone balancing and aesthetic medicine.

Frustrated with the medical world's focus on treating illness rather than on promoting health, his passion has long been health medicine. He founded and runs the Institute of Healthy Aging in Cape Town, South Africa and another in Dorset in the United Kingdom.

Younger for Longer is a culmination of his 25-year quest, and is Dr Carmichael's first book. His wide range of training combined with his clinical expertise makes him uniquely placed to write this book and share what he has learned about longevity and health.

Sales Office: Carmelite House, 50 Victoria Embankment, London, EC4Y 0DZ, **Orders to:** Hachette UK Distribution, Hely Hutchinson Centre, Milton Road, Didcot,

UNITED KINGDOM

Tel: 0203 122 7000

International Tel: +44 (0)203 122 7000

OXFORDSHIRE, OX11 7HH,

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Tel: 01235 759720

International: 0044-1235 759720