



ReGeneration-X: The Science of Aging Backward

Roderick Lane, Elizabeth Bright

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ReGeneration-X: The Science of Aging Backward. ReGeneration-X was formulated by two working naturopath's Roderick Lane ND and Elizabeth Bright ND. Roderick has a flourishing practice in the UK dealing with thyroid and endocrine issues. Elizabeth has a similar practice in Italy dealing with endocrine issues and naturopathic body adjustment. Roderick is the founder of the London College of Naturopathic medicine and also the author of numerous lectures and the Adam and Eve diet. Elizabeth speaks regularly on women's health issues and is the guest Naturopath on Mi Presento, Sono Donna!, a local television show dedicated to educating women about their health and natural solutions to their health. ReGeneration-X is unlike any other book about ketogenic diet you will come across. It was originally designed as a program of regeneration for a retired athlete who needed help prior to having surgery to replace his badly damaged hip, deal with his weight issues, high blood pressure and elevated cholesterol prior to the surgery. ReGeneration-X is actually based in the real-life situation of individuals seeking health and having actual health problems. Generation X, commonly abbreviated to Gen X, is the generation born after the Western Post-World War II baby boom. Most demographers and commentators use birth dates ranging from the early 1960s to the early 1980s. The first time the title was used was actually by the photographer Robert Capa in the early 1950s. ReGeneration-X is for those of us who have gone beyond youth but expect to have a youthful existence way beyond retirement, the question being if you're healthy and fit do you have to retire at all? Within its pages you will find a small part of the story of Pierre Mattia, the retired amateur cycling champion who raced in both Italy and the United States. The nutritional and dietary schedule that we produced for him was so successful that he encouraged us to actually write this book. So what is different, this book is based around real-life experiences of adults with health problems. Unlike a much of the information you will find on the internet this is not a diet for gym bunnies who are trying to strip off that last one percent of body fat to look highly sculptured in the gym, on the beach or at some body display exhibition. Regeneration-X is ketogenics for adults and athletes who can remember what it was like to be younger and fitter. Have you ever sat in front of the television and said to yourself, whilst watching a program, I can do that; only to remember that in fact you can't. The ReGeneration-X program or more correctly lifestyle is about regenerating and not degenerating you could say it is the graceful art of ageing backwards. People are always being told to lose weight, but how do you do it with ease and also deal with those other problems that occur when you are older? The answer is contained within the ReGeneration-X lifestyle program. The important bottom line is if you are seeking to return to health, control weight issues, get back the energy you once had, stabilise your blood sugar levels without resorting to massive drug intervention, the ReGeneration-X lifestyle program is for you because it works.

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