

# YOUR HEALTH

## A Younger, Healthier You

(NAPSA)—The key to living a longer, healthier life may be managing your immune system.

That's the message found in a new book, "UltraLongevity: The Seven-Step Program for a Younger, Healthier You," written by Dr. Mark Liponis, medical director of Canyon Ranch and best-selling author of "UltraPrevention."

The human immune system protects the body against constant invaders—viruses, bacteria and para-

sites—but it can also be overpowered by invaders and become hyperactive. As people age, the immune system can attack the body.

Liponis has designed a seven-step program to calm the immune

system and prevent—even reverse—the aging process.

His practical program includes steps that can be started immediately. For example, did you know that eating more frequently is better for the immune system than consuming a few large meals? Or that swimming and other rhythmic exercises are more soothing to the immune system than sports such as soccer? Or that eating just two Brazil nuts a day can deliver enough selenium, a key mineral that promotes immune system health?

The book includes an eight-day meal plan with delicious recipes from Canyon Ranch's kitchen. Liponis motivates readers to put the program into practice so they can feel and stay younger.

The book is available wherever books are sold. For more information, visit [www.HachetteBookGroupUSA.com](http://www.HachetteBookGroupUSA.com).

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Coauthor of the Bestseller *UltraPrevention*

## ULTRA- LONGEVITY

The SEVEN-STEP PROGRAM for a  
— YOUNGER, HEALTHIER YOU —



BASED on the REVOLUTIONARY  
NEW SCIENCE of AGING   
and the IMMUNE SYSTEM

*Includes rejuvenating recipes from America's premier spa*