



Living Healthier Longer with Dr. Ken Kroll: Restoring A Youthful You! 21st Century Science For Life

Kenneth M. Kroll M.D.

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Polluted air and water, vegetables rife with pesticides, anxiety and stress. These are just some of the health risks people face in modern times.

In this short, practical guide, physician Kenneth M. Kroll encourages everyone to get back to basics. He presents evidence-based information on what constitutes good health and outlines the simple steps we can take right now to pull it all together. Learn about the many factors that make traditional health care—or what Dr. Kroll calls “sickness care”—unworkable, along with his alternative and commonsense approach to wellness, including the latest research on the benefits of berries and power nutrients.

Living Healthier Longer with Dr. Ken Kroll is for anyone interested in preventing disease, aging gracefully, and enjoying a better overall quality of life.

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