



BOOK REVIEW:
AGE POWER
Leslie Kenton

Leslie Kenton is the award-winning writer, broadcaster, photographer and filmmaker. She is a pioneering health expert and her research includes interviewing numerous visionary scientists, doctors and biochemists, practitioners of natural health and spiritual teachers.

This tome of almost 500 pages is packed with information. Leslie says that by making simple, practical changes in the way we eat, use our bodies, handle stress and align ourselves creatively and spiritually, Age Power can enable us to die young late in life. The genes that we inherit define our 'risk' of premature ageing, degeneration and disease, but Leslie believes it is the way we live that dictates how these genes are expressed.

I enjoyed reading this book; everything Leslie says makes sense, but old habits are difficult to break, and she is asking us to break many! The chapters about the secret powers of insulin – the body's most important hormone in determining how quickly or slowly you age, are very illuminating. This is the sort of book to dip in and out of to avoid information overload but remains an excellent reference source.

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