



Andreas Campobasso  
**Stop! Reversing  
the Ageing Process**  
[Stopp! Die Umkehr des  
Alterungsprozesses]

Goldmann Taschenbuch  
352 pages  
12 b/w illustrations  
Format 12,5 x 18,3 cm  
August 2008

Every day the media and advertising show us that having youth and beauty equates with success. Yet even with our artificially taut skin, hip clothing, and jaunty language, we are still far from this dream. Is eternal youth merely an unrealistic wish? Or does the phenomenon of agelessness really exist?

In this book, Andreas Campobasso discloses the secret of youth. Through years of research work, which included experimentation on himself, he has become quite knowledgeable about how the ageing process can actually be stopped. He starts out by describing the various factors that make people age, focusing especially on cellular toxins and waste products deposited in the body. He presents various rejuvenation cures, which can be effected under everyday circumstances: intestinal purification and detoxification, replenishment of the valuable enzyme repository through proper nutrition, rejuvenation body care, special breathing techniques, and the extraordinary role of water as the fountain of youth.

For Andreas Campobasso the primary aspect is mental reprogramming, since, as is generally known, true beauty comes from within. This means we must be prepared to change our lifestyle and to have the will to put all these methods into effect. Here is a truly astounding and motivating concept, which will open our eyes for our own bodies and guarantee a visible rejuvenation!