The Secrets to Healthy Aging: Reverse the Signs of Aging at Any Age (Paperback)



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Reviews

This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook where in fact changed me, modify the way i believe.

(Prof. Maxwell Stracke)

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Nourished Minds, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English. Brand New Book ***** Print on Demand *****. Would you believe me if I told you that by simply making a few changes to your lifestyle and the foods you eat, you could look and feel younger, minimize the need for medical intervention and live longer? Would that convince you to make the investment in your health today? It should. Some of the things that you eat and drink are actually causing you to age faster than you should. The Food, Drug and Healthcare industries are making money off of your poor health and your fear of getting old. They know that quick fixes like surgery, pills, and fad diets only give you temporary results while they make huge profits. The Secrets to Healthy Aging is an informative and practical guide explaining the simple yet effective strategies you can use to reach your health and wellness goals. You will learn how to reverse cell damage, slow the rate at which you age, and maintain a strong, healthy body well into your retirement years. Experience what it is like to age well and look and feel good doing it!.

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