



## The Essential Anti-Aging Guide: The Natural Methods to Slow Aging That You Must Learn Before It's Too Late (Paperback)

By Andrea Silver

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. IT S NOT TOO LATE TO SLOW THE AGING PROCESS! Learn how to AGE SLOWLY AND LOOK YOUR BEST! \*\*\*SPECIAL BONUSES INSIDE\*\*\* Free e-book offer The 20 Most Deceptive Health Foods, PLUS anti-aging KALE RECIPES This is the ultimate resource for anyone who wants to halt the aging process and preserve YOUTH and VITALITY. Age affects all living things. The closest we can come to a fountain of youth is to understand the lifestyle steps needed to shave off YEARS from the aging process. Are you ready? Everybody wants to preserve their youth. But did you know that your mind, your nutrition and your health habits are all linked? To reverse the aging process as best as a person can, you must bring balance to all of these areas. To become youthful and vital requires more than just the physical component but the MENTAL and EMOTIONAL aspect as well. This program is a blueprint to create the most effective possible anti aging strategy for your life. From learning how to implement natural forms of retinol, understanding the most...

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