



## Natural Bodybuilding Cookbook (Paperback)

By Tony Salvitti

Createspace, United States, 2012. Paperback. Condition: New. Large Print. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Build muscle the natural way! Use time tested recipes and increase your size, strength and stamina! This book includes complete recipes for meat dishes, eggs, rice (and other gluten free foods), and salads. Also included is a well researched Ultimate protein drink recipe formulated by the author, that will rival any you could purchase in health food stores! Also included are the most important herbs for boosting your libido, testosterone, and other hormones naturally. Herbs that will decrease back pain and arthritis in your joints. Isometrics!( If you only have 12 seconds per day to train you can get super-strength results!) Time tested proven training routines are also provided that will keep you training for decades to come. With two dieting methods to get into that ripped contest shape without dangerous dieting drugs!.

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