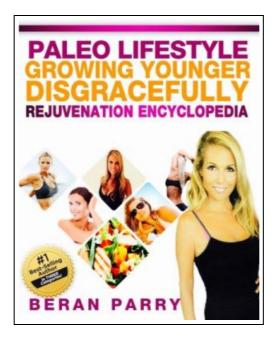
Growing Younger Disgracefully: Rejuvenation Encyclopedia (Paperback)



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GROWING YOUNGER DISGRACEFULLY: REJUVENATION ENCYCLOPEDIA (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand ******. Growing Younger Disgracefully is a turning point in our understanding of how to maximise our health and wellbeing way beyond midlife! This life-changing book will show you how to: .Discover your body s potential to look and feel years younger and -Burn excess body fat naturally and effortlessly -Take control of your nutrition -Add the essential nutrients that your body craves for enhanced skin condition, health and fitness -Take control of the mental and emotional influences that effect your health -Develop the power of deep relaxation -Enjoy the best night s sleep to rest and recuperate -Feel the benefits of intelligent exercise -Overcome harmful attitudes and behaviours -Get excited about some of the healthiest, tastiest food imaginable -Look forward to a much brighter, happier future -Give your body its best possible opportunity to feel wonderful Beran Parry is a living testament to the power and effectiveness of these methods. Just check out her photo on her book cover! Thousands of individuals around the world have benefited from her teaching and advice. Now that knowledge and practical wisdom has been made available for you in one information-packed encyclopedia. A lifetime of study, research and real-life experience in one breathtakingly beautiful volume. What if the fountain of youth can be distilled into a body of scientific principles? What if the latest research and scientific breakthroughs in the fields of nutrition and disease-prevention can show us how to slow down the effects of ageing and maintain the body in its best possible condition throughout the whole of our lives? The world s population is getting older as people are living for longer than ever before. This is largely a result of improvements in food production,...

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