

Yesterday s You: How to Reverse Aging Using Special Foods, Vitamins, Natural Supplements and a Few Secret Practices (Paperback)



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Reviews



Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. Its been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe.

(Dr. Bethany Lindgren)

YESTERDAY S YOU: HOW TO REVERSE AGING USING SPECIAL FOODS, VITAMINS, NATURAL SUPPLEMENTS AND A FEW SECRET PRACTICES (PAPERBACK)



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is part of The Integrated Life series. THE CONCEPT: In the pursuit of economic survival, bodily sustenance and social acceptance, people often (1) disregard their passion in order to focus on a practical career, (2) allow their diet to undermine their health, and (3) deny their sexual and gender wiring in order to conform to societal concepts of relationship. Therein lies the majority of unhappiness in our modern life. The solution is to live the integrated life! Take the Integrated Life online test at and discover how integrated these areas of your life are! Then, read the book to learn what to do about it! ***** THIS BOOK: What if you could actually reverse the deterioration and decline associated with accumulating more years on the planet? What if you could actually grow YOUNGER every day? Well, you can! Reversing aging is possible. Not just the signs of aging, but aging itself. Yes, it is possible to actually take the body back to a previous state of health. It is possible to slow the decline, undo specific damage and return to a previous state of health and vitality.to yesterday s you! Why you need it If you fear getting old before your time. If you fear not having the energy to take care of yourself and your family and other obligations. If you fear not having the mental focus, physical stamina or youthful glow of earlier times, then you need this information to take control of your health and the direction of your life and become one of those people who others say never seem to age; If you follow even a few of these suggestions, you...

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