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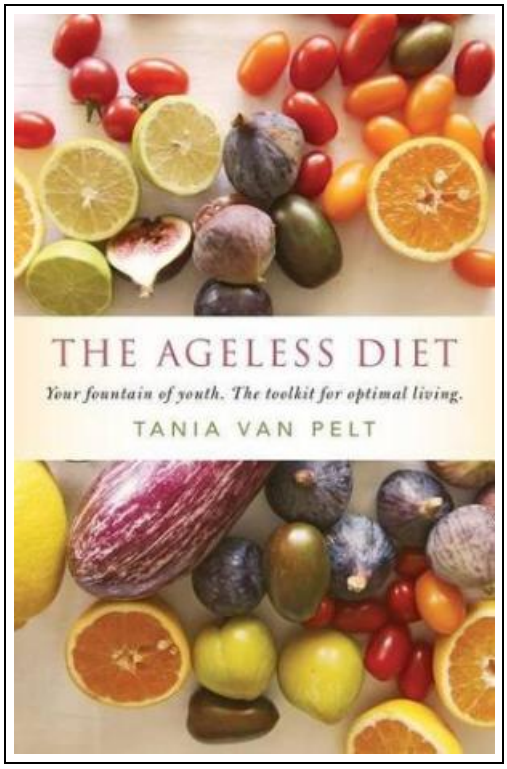

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Reviews

Comprehensive manual! Its this sort of excellent read through. We have read through and i also am certain that i will going to read through once more again later on. You wont sense monotony at at any time of your time (that's what catalogs are for regarding in the event you question me).

(Prof. Geraldine Monahan)

THE AGELESS DIET: YOUR FOUNTAIN OF YOUTH. THE TOOLKIT FOR OPTIMAL LIVING. (PAPERBACK)

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Optimal Life LLC, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is your guide to optimum health, wellness, and a younger, revitalized you. We are designed for agelessness. We ve forgotten what we ve known in our gut to be true, that good, whole foods, sleep, movement, and mindfulness can change our lives and our world. We don t have to age and lose control of our bodies and minds as we get older, we can thrive till the day we die. We can look beautiful in our 40s, 50s, 60s, till our 90s and beyond. Life doesn t end at 40; it begins when you embrace your innate agelessness. This book, this ageless lifestyle, will give you a master plan for maximum vibrancy. This is your map to the fountain of youth. Follow the 4 Ageless Rules, use the meal plans, do the workouts, take the supplements, and try the meditations-all available on the website AgelessDietLife.com-and you will feel better. You will look great. We re designed for exuberant joyful living. Embrace your life today!.

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