



Aging Reverse Mastery Step2: Step 2: Diets and Supplements (Paperback)

By Esther King

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you believe that right food balance can make you look few years younger and healthier? Are you struggling with creating a Meal Plan? Or are you simply unsure about how to get started with supplements? The solution can be found using Aging Reverse Mastery Step2. This book isn't going to tell you that you have to live on a diet of carrots and celery with perhaps some lemon water - that isn't really living, after all. Instead, it will show you how to live a life with good food, a lot of which just happens to be pulling double duty and keeping your body young and energetic. This book will outline the ways that you can do just that - suggesting different diet plans and warning you about others. It is for those of us who have graying hair and forgetful memories - it's a way to reclaim something that time is doing its best to take away from us. Inside, you will learn: The best anti aging supplements How is your immune system impacted by your...



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