



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 supplementsHow is your immune system impacted by your...



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