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Aging Reversed: How we Age and How to Stay Younger Longer (The Science of Aging)

By Wendy Owen

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 102 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Do you feel like your best days are behind you? Discover the secrets behind rejuvenating your twilight years. Are you disappointed by the face staring back at you in the mirror? Have the effects of old age made you tired at every hour of the day? Holistic Health Therapy Coach and bestselling author Wendy Owen has achieved the best health of her life at 70-years-young. Let her help you discover the fun of living at any age. *Aging Reversed* takes a holistic, natural approach to getting healthier as you go. Owens book is packed with easy-to-follow advice backed by the latest scientific research into health and wellness. In *Aging Reversed*, you'll discover: How natural and organic skincare can get you your glow back. How diet and nutrition will help you forget about Alzheimers. How energy practices like Pstec and EFT can eliminate your chronic pain. How readily-available supplements can increase your energy. How to embrace old age and see it as the best time of your life, and much, much more! *Aging Reversed* is a clearly-organized, well-researched guide to disease...

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