



Look Half Your Age or Even Younger: A Comprehensive Natural Guide to Restoring Good Health, Youthfulness, and Loveliness (Paperback)

By Mr Alexander Jumbo

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Is it not a matter for extreme happiness to be slim, strong and healthy at age 70; and look young as well? Certainly, it is! But certainly, we cannot start working for this at age 70. We have to start off early. This might be as early as from age 30 or earlier. Body weight can bounce back if good care is differed. This Book: Look Half Your Age or Even Younger is written by Alexander who started off on the road to good health from age 38 when he first experienced irregular heart palpitations, likely caused by overweight. Since then he doesn't turn his back to good health. At age 73, Alex who hardly consults a health practitioner, was scarred into Emergency Department of the University College London Hospital [UCLH], London, UK, when he believed he was having a heart attack. After the Heart Clinician completed his tests, he reported to the Doctor who entered the cubicle to inform Alex: Mr Jumbo, you have a very good heart. I thanked God! The Doctor went further, to my surprise, praised me...

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-- Noel Stanton

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ZONDERVAN, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Rachel Macy Stafford's post The Day I Stopped Saying Hurry Up was a true phenomenon on The Huffington Post, igniting countless conversations online...



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