



Ageing Well: A Guide to Rejuvenation and Longevity (Paperback)

By George Cromack

Outskirts Press, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Tired of doctors who don't listen and medicines that only make you sicker? There is a reason why more and more people today are turning off to traditional healthcare and turning on to alternative therapies and natural medicines-and it's not just because they're more affordable. Ageing Well not only explores the latest health practices but takes you on a journey that examines the most beneficial ways you can make your body healthy and strong. In Ageing Well, you'll learn about: -Chiropractic techniques and how they should be done -The effects of the foods we eat -The invaluable benefits of Superfoods, antioxidants, probiotics, and enzymes -The techniques of ridding your body of inner and outer toxins -The types of exercises that will have you up and moving - and feeling great again Step by step you can improve your health and rejuvenate your life! br> Praise for Ageing Well - The only way we will achieve superior health in the future is from the knowledge we acquire right now. And if we wait until the last minute to do...

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A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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