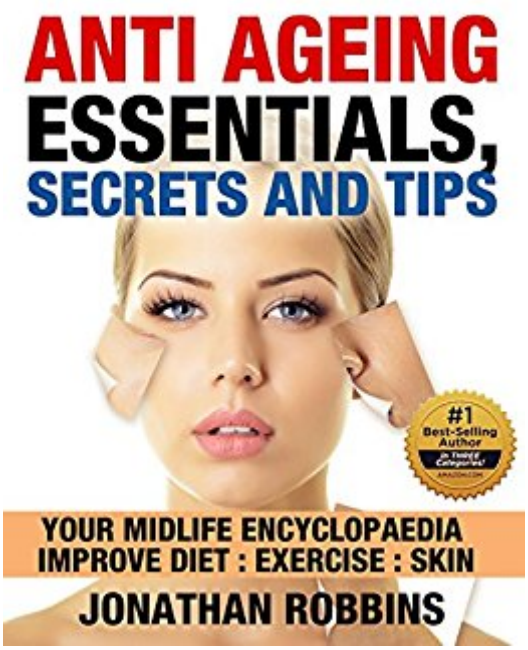
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Synopsis

Address the challenges of middle age and restore youthful vitality to your bodyTake the very best care of your body and preserve your youthful vigour throughout your lifeIf the elixir of youth could be found in a bottle, it would undoubtedly sell for millions. And there would probably be a long waiting list for supplies. But that's pretty much what the cosmetics industry seems to be offering through its expensive marketing campaigns - the appearance and illusion of youthfulness. Is it possible that we can really achieve something more authentic than the superficial mask of youthfulness offered by make-up and wonder creams? The answer would appear to be 'Yes'.Besides the heavy hand of time that exacts its toll as the years roll by, the other major challenge to maintaining a vibrant and youthful appearance is the level of environmental stress that our bodies have to confront every single day. This can take the form of pollution, poor diet, adrenal stress, lack of exercise, toxic chemicals in the environment, lack of sleep and a host of other factors. But this is not the full picture because there is still a great deal we can do to reverse the effects of these negative influences. That's where The Anti-Ageing Essentials comes to the rescue, a potent collection of powerfully effective eating habits that can successfully detox the body and refresh the skin's elasticity, eliminate harmful substances and add a rich cocktail of nutrients that will power up the body's natural anti-ageing capacity.Amongst a wealth of practical advice and purposeful information, this life-enhancing book bundle will show you how toIdentify the key ingredients that will scourge your body of toxins and eliminate the harmful substances that promote accelerated ageingBoost your libido and enhance your stamina and your energyTake control of the menopause and rejoice in the freedom of your new bodyFinally master your weight issues and turn your body into a natural fat-burning machineEnlist the help of Nature's natural anti-ageing agents. Tone your skin to smooth out those lines and wrinkles. Strengthen your body and tone your musclesÃ‹Æ'Ã‹Æ'Ã‹Æ' Adopt a more youthful and healthier mindsetLifestyle choices can play a very significant role in determining how we age. The outdated view that the way we age was somehow ordained by our genes has been dismissed as completely misguided. The choices we make in how we eat, how we exercise, how we cope with stress and how we choose to live our lives are far more influential in determining how we age than the collection of genes we inherited from our parents. Lifestyle is the critical factor. The advice and information held within this amazing book can help you reverse the effects of premature ageing and enhance the quality of your life at every levelDownload today and turn back the hands of time. Your body will thank you every day for the rest of your life.

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Customer Reviews

I was really looking this book. My age is 42 and I was really worried due to my skin, I was really looking aged. I highly thankful my friend who suggested me this book. This book is really good for guide and help, there are given proven tips that are ani aging. After using these some amazing secrets I can feel improvement on my skin. Thank you author.

This is one of the few books that covers every aspect of aging issues I was looking for and the first one that made me want to take notes. I plan to use this information to improve my life.

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