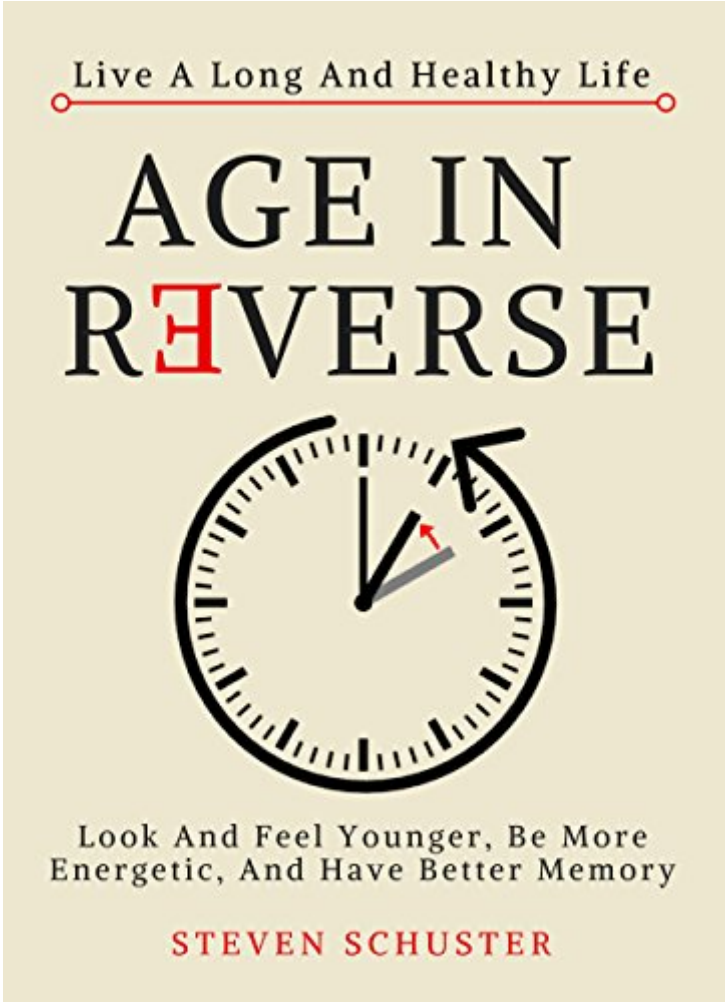
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Age In Reverse: Look And Feel Younger, Be More Energetic, And Have Better Memory - Live A Long And Healthy Life



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Synopsis

Want to stay young, fit and attractive for long? To conquer the threats of aging like poor health, wrinkles, and a reduced quality of life? Do you experience reduced mobility and energy level? Aging doesnÃ¢â ¬â„¢t have to mean you have to get old in the process. There is a way to avoid losing attractiveness, your healthy looking skin and your health overall. This book is a thorough anti-aging guide that offers the essential tactics to help you turn back the clock and look and feel younger each day. Scientific studies have revealed that the human body is coded to self-destruct as we age. But the speed at which it self-destructs is up to us. Your routines can determine: the loss of your firm skin, lack of mobility and constant fatigue. Change how you move to change how you look and feel Ã¢â ¬â œ regardless of your age. Learn about scientifically designed techniques on how to maintain the beauty and energy of your youth. Reverse father time and grow younger, not older. Alongside SchusterÃ¢â ¬â„¢s tips, youÃ¢â ¬â„¢ll read the stories, experiences, and advice of experts who made research on the topic of aging all their life. YouÃ¢â ¬â„¢ll also read about people whoÃ¢â ¬â„¢ve used the principles presented in the book and exercises for years. Thanks to these practices, they regained their strength, flexibility, and mobility, No matter how old you are or what your physical condition is, start the change where you are right now. Change your movements, change your life. -Practices to preserve your youthful looks longer-Scientific reasons why exercises will not only make you feel and look younger but also prolong your lifespan -Learn how to keep yourself in shape without getting injured-Three blocks of exercises which improve your balance, posture, cardiovascular system function and digestion -- How to move for healthy feet, improved balance, and activities of daily lifeYou are what you eat Ã¢â ¬â œ at least on the outside. -Learn which is one of the best anti-aging diets-The best and the worst anti-aging foods -The biological background of healthy Ã¢â ¬â œ and unhealthy - nutrition-A week-long sample menu including breakfast, lunch, dinner and a daily detox drink If you adopt the tips in this book, youÃ¢â ¬â„¢ll feel less pain, youÃ¢â ¬â„¢ll have lower blood sugar, and better circulation. Having more oxygen in your body, youÃ¢â ¬â„¢ll feel more energetic, have better focus and memory. Also, practicing certain types of exercises regularly will reduce the risk of dementia, AlzheimerÃ¢â ¬â„¢s, diabetes, even cancer. Maintain your brain and muscles cells and stay young longer. You wonÃ¢â ¬â„¢t get any younger than you are now. Unless you hit the buy now button at the top right corner of this page and read the secrets of the wellspring of youth.

Book Information

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Customer Reviews

I bought the Kindle version of this book but I'll order the paperback version soon, too. I much prefer reading hard copies. I also sent one to my friend and will soon send one to my mom. I learned some very interesting things about the science of the human body. After trying the method presented here, I must say my energy level is way up. I don't feel a need to nap all the time. What's more, now I know napping is part of my problem. I don't avoid movement and even look forward to exercising. My pain level is all but 0. I stand up straighter. People say I look like a youngster now. Although this seems like a huge exaggeration, I think they mean I have a youthful bounce to my step, an energetic smile, and straight posture. I'm quite satisfied.

Everybody said Age is just a number and I do believe in that too. My mom was already 56 years old and she had her retirement 2 months ago and I want her to do everything she wanted to do that she wasn't able to make it 30 years ago because of her dedication to work. My friends told me that we are like sisters because she is still flawless and no wrinkles on her face.After reading the book, I realized that I should enjoy my youth and be engaged in exercise and proper diet.

The techniques and tips in this book are well researched and they really make sense. I’m not interested in aging in reverse, but in an increased quality of life, becoming more energetic, understanding how my body works and how can I protect it the most. This book delivers all the info mentioned above. The author has suffered because of the bad impacts of malnutrition, exhaustive lifestyle, so I feel he’s been there and knows what he’s talking about.I especially appreciated the weekly sample menu at the end of the book. I might not stick to the daily dishes as they are mentioned, but there are some gem recipes in there. I prepared the bowl of doom and it was DE-LICIOUS!I also found the exercises very good. They are not meant for bodybuilders, I think the author targets an older audience with them, but just to do them for the sake of chilling and posture improvement, they are excellent!All in all, very complex book. There are information and explanations about everything one needs to know how to live healthier - longer.

This book gives a complete guide to what I just always wanted to understand, namely why sedentary people become even more inactive and even more tired the longer they "rest".It is a lot to read but is very worthwhile. It is a well-written book. In the back of the book, there are sample exercises, menus, and tons of references so I suppose the author dug deep into the topic before writing this book. Everything he says makes perfect sense. Information is well described and there are enough exercises in each of the three categories he talks about so one can pick the easy ones to start with and work into the whole set. I highly appreciate that he doesn’t pretend to be a doctor, he highlights that people with special conditions should check with a physician first.

Age in Reverse is an excellent, well-written text.The information in conversational style as opposed to technical. The author is also a fan of Dr. Mercola, as am I.I knew much of what was in this book, but had either forgotten or neglected it. It was a great refresher and re-motivated me.Great suggestions articulated in a non-technical manner.

This is a superb book which I picked up while reviewing exercises that would help me recover from a medium-serious injury. I consulted with my doc, and he approved some of the exercises mentioned here, also the diet. The text and discussion on the concepts behind the exercises described in the book are very enlightening. So far I have only used only a few exercises which improve posture and flexibility and already am noticing the difference after just a few days. I also jog and am pretty sure that the improved flexibility has improved my speed by simply making it possible

for me to lengthen my stride. Am looking forward to seeing what benefits will these practices bring me on the long run.

If you have a body, you must read this book. No matter what age you are or what situation you’re in, whether you exercise or not ÃƒÂ¢Ã â ¬Ã â œ even if you’re an expert on exercise, athletics, or bodybuilding yourself - you must read this book and know this information.It is the bible for movement and physical well-being, and it is really life-changing. Exercise, eat and treat yourself correctly. You don’t need weights or machines to keep yourself in shape and prevent aging. You don’t even need to run marathons to stay young. The exercises here are exhilarating, and with each workout, your body feels reenergized. The meals recommended are delicious! I really liked the daily detox drinks. I just made the rose water and everybody loved it in the family. I feel so fancy haha. This book will help you to get strong, become more flexible, lose weight, get rid of pain, and conquer aging.

Five stars? Is that all I can give? Really, this book deserves so much more.The techniques provided on these pages, as well as the suggestion it gathered, are worth far more than five stars and I would consider this book to be a great bargain at twice the price. Keep up the excellent work,Steven Schuster.Highly recommended.

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