



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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I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

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Excellent e-book and useful one. It is written in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication i have got read through in my very own lifestyle and might be the greatest book for possibly.

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