

Secrets To Look And Feel Younger

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The truth is we begin the aging process just as soon as we pop out of the womb. Every day of our lives our bodies slough off and regenerate new cells. The speed at which that process takes place when we are children is vastly different as we get older. For years explorers searched for the illusive fountain of youth. Unfortunately, it does not exist or you wouldnt be reading this. Every day you are bombarded daily with commercial messages that attempt to lure you into believing that the most recent miracle drug is just what you need to fight off the ravages of Mother Nature. At times it seems as though there are more miracle methods than ever being flashed in front of your eyes each day. . .and there are. Ask any advertising executive and they will admit that there are more advertisements than ever touting everything designed to cash in on a huge market. What is that market? Its the aging Baby Boomers. We are living longer as a whole. Singularly, that can be a curse or a blessing depending on your perspective. In this book we will explore low and no cost methods you can use to help in the anti-aging process. Some of our material may be new and some serve as reminders of things we may have forgotten. We may not have had much say in how we arrived on this earth, but we can certainly determine how and when we will depart. Just remember, YOU are in control. Tags: younger

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