



Age in Reverse: Look and Feel Younger, Be More Energetic, and Have Better Memory - Live a Long and Healthy Life (Paperback)

By Steven Schuster

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you experience reduced mobility and energy level recently? You fear the threats of aging like more illness, wrinkles, weaker body and a generally reduced quality of life? Aging doesn't have to mean you have to get old in the process. There is a method 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 revealed human body is coded to self-destruction as we age. But it also has been proven that the speed at which it self-destructs is up to us. What if you discovered that your lack of mobility and constant fatigue isn't due to your age, but your routines? Change how you move to change how you feel - regardless of your age. This book offers a comprehensive toolkit based on scientifically designed techniques on how to maintain the energy level of your youth, repair your cells. Healthy cells prevent muscle loss, keep you energized and active....

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