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## No Age Is the New Age: An Action Plan to Ageless: A Longevity Guide for Men & Women 25 to 125 (Paperback)

By Karen Norris, Eve Michaels

Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English. Brand new Book. START YOUR OWN ACTION PLAN TO AGELESS! No Age Is The New Age is the first book of its kind to address all aspects of rejuvenation for men and women of all ages. It is an impartial and easy-to-understand comprehensive guide into the world of anti-aging science including hormone replenishment to restore energy, skin texture, brain function and libido. It also includes the newest developments in non-surgical and surgical cosmetic procedures, the latest techniques in cosmetic dentistry, the latest technology in skincare products, the new world of vitamins and nutritional supplements, nutri-genomics, anti-aging diets, exercise, brain rejuvenation, stem cell research and much more. Gone are the days of hitting some magic number that heralds the arrival of your slow, steady decline into old age. New anti-aging discoveries make living well beyond what you think is your "prime" more possible than ever before. All while looking and feeling great! Anyone who wants to live a long, nutritionally and hormonally balanced life while looking and feeling fabulous must be prepared to participate in their own anti-aging journey. This book is your partner and will help you navigate your...



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