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How would you like to look and feel ten years younger in just ten weeks time? Studies show that Americans on the whole are aging faster than ever with conditions like diabetes, cancer, and heart disease occurring increasingly earlier on in life—along with everyday age indicators like wrinkles and love handles. Now, Dr. Steven Masley, former medical director of the prestigious Pritikin Longevity Center® and a pioneer in anti-aging

Download Free 10 Years Younger Breakthrough Antioxidants That Reverse The Aging Process a breakthrough plan to help you lose weight for good anti aging medicine, delivers a breakthrough plan to turn back the clock, inside and out—no matter what your age! Originally featured on the Anti Aging Superfoods Aging Wrinkles Anti Discovery Channel, the Ten Years Younger Program is designed to combat the roots of accelerated aging. Poor nutrition, toxins in the environment, stress, and exposure to free radicals all make us old before our time, along with a little-known aging culprit: low- and no-carb diets. As Dr. Masley shows, low-carb diets deprive the body of anti-aging phytonutrients and fiber, accelerate osteoporosis, and damage brain cells. So the first secret of turning back time is: Eat

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guides you through an age-busting combination
of cutting-edge nutritional choices,
relaxation techniques to reduce the aging
effects of stress, and simple workouts
designed to build lean muscle and trim and
tone your body from head to toe. By following
the plan for just ten weeks, you will:
Achieve significant weight loss—up to twenty-
five pounds Boost your energy levels
Rejuvenate your skin Enhance brain function
Prevent and reverse the onset of diabetes and
heart disease Lower your cholesterol and
blood pressure Improve sexual vitality With

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tools to help you assess how your body is really aging, weekly shopping lists and meal plans, and over 100 delicious recipes packed with antioxidants and anti-aging nutrients, Ten Years Younger is the healthiest, safest, and fastest way to take off the years—no surgery required!

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. Now you can look and feel ten years younger with the help of this revolutionary guide from one of the world's leading experts on health and skin care. He has been called one

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of the "Best Forward-Thinking Doctors" (Vogue magazine) and acclaimed as a "Beauty Genius" (Elle magazine). Howard Murad, M.D., FAAD is one today's foremost authorities on health and skincare, and his philosophies have helped men and women around the world look and feel as young and healthy as possible. With The Water Secret, Dr. Murad shares a new, scientifically proven strategy, cultivated over years of practice and treating over 50,000 patients, to help you look and feel better from the inside out. The Water Secret will: Reveal groundbreaking secrets to help you take years off your

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Looks, feel better and healthier Debunk And
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and tell the truth about how inflammation,
hydration, and other factors really affect
your health Explain how damaged cells that
leak water can sabotage your looks Introduce
an integrated, multidisciplinary "Inclusive
Health" approach to help optimize cellular
strength Give you a complete 10-step action
plan with recipes and meal plans to start you
on the path to clear skin, fewer wrinkles,
more energy, and better overall health
Discover The Water Secret and learn to take
control of the process of aging by improving

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What will help you not just look young, but also feel young Sara Gottfried, Harvard-educated M.D. and New York Times bestselling author of *The Hormone Cure* and *The Hormone Reset Diet*, shows you how to create a lifestyle that will make you look great and age more slowly. Most exciting, Dr. Gottfried explains how DNA plays a part in the overall aging experience. You're the result of

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millions of years of evolution, but many of the adaptations that helped your ancestors survive are now making you fat and wrinkly. Younger will show you how to overcome and transform your genetic history and tendencies. Feel destined for cellulite, saddle bags and belly fat? Nothing seems to help your aging skin or declining libido or flagging energy? Does your family come from a long line of Alzheimer's, cancer or heart disease patients? Dr. Gottfried's goal is to increase not only your lifespan, but also your health span—the period during which you are able to live independently, free from

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disease and with vitality.
The Amazing Antioxidant Everyone Is Talking
About! Are you looking for an effective way
to fight the effects of aging and free
radical damage? Would you like to reach and
maintain your body's optimal health? There
may be no stronger way than with
antioxidants—and there may be no stronger
antioxidant than alpha lipoic acid. This
remarkable coenzyme, which occurs naturally
in younger bodies but gradually diminishes
with age, may very well be one of our best
defenses against disease and aging. In this

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The Aging and Informative book, Burt Berkson, M.D., shows you how supplementing your diet with alpha lipoic acid might help:

- Protect against heart disease
- Prevent or treat complications of diabetes
- Prevent the progression of Alzheimer's and Parkinson's disease
- Protect against cancer and strokes
- Fight chronic liver disease
- Combat the aging process

• And much more! Revealing the science behind this amazing antioxidant, Alpha Lipoic Acid Breakthrough provides a plan of action for improving your health starting now!

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A delicious and — yes! — proven-to-work big time weight loss plan with cutting edge anti-aging benefits. An innovative weight loss plan for men and women, the 7-week diet is built on the foods science shows delivers anti-aging benefits. Adopt this easy-to-follow plan and you'll have better cholesterol levels, lower blood pressure, an in-control sugar level, a healthier heart, and a leaner body. And another big anti-aging bonus: Studies show many of the anti-aging foods found on this diet also nourish your skin so you can actually look younger. It's an added benefit that comes as a surprise to

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many, but it's a scientific fact: Eating certain foods can improve your skin in a variety of ways that give you vibrant color and can even diminish wrinkles. Along with the 7-week meal plan and fitness program, the diet includes more than 90 recipes for breakfast, lunch, and dinner. Throughout, there is abundant, proven advice on overcoming mental hurdles to achieve permanent diet success and ideas on how to personalize the plan to your specific situation by swapping out meals. Get ready to turn back the scale—and the clock!

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The Aging Process #1 "New York Times"
bestselling guide to a better, healthier
complexion offers a revolutionary, all-
natural, antioxidant program that revitalizes
the skin at any age, from the outside and
inside. Reissue.

The best-selling dermatologist author of The
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Better Nutrition provides authoritative, well-
researched information on food nutrition,
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natural products.

A unique book about aging that draws on the

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- Learning exercise, breathing and stress-management techniques to benefit your mind and body
- Understanding the science behind the aging process
- Keeping record of your life lessons to share with loved ones

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