Aging Backwards 10 Years Younger And 10 Years Lighter In 30 Minutes A Day

A paradigm-shifting book from an aging expert that reveals how we can slow down, or even reverse, aging. The key is activating

Miranda Esmonde-White is a classical fitness personality on Classical Stretch and creator of the fitness phenomenon Essentrics. Miranda Esmonde-White offers an eye-opening guide to anti-aging that will empower you to look and feel younger, and not just a few years younger, but 10 years younger in just 30 minutes a day.

Miranda offers her best tips in a program that is accessible to women of all ages, from young to old. In Aging Backwards, you will discover how to:

- reduce the risk of falling
- keep your bones strong
- lower your risk of osteoporosis
- strengthen your heart
- prevent chronic disease
- increase your energy
- improve your balance
- slow your aging process

Miranda provides a comprehensive plan that will improve your health and help you look and feel younger. This book is jam-packed with ways to make yourself look and feel younger. It was easy to read and I agree with all the advice in the book. I highly recommend it.

Dr. Francisco Contreras offers proven research that will improve your health and help you look and feel younger. This book is jam-packed with ways to make yourself look and feel younger. It was easy to read and I agree with all the advice in the book. I highly recommend it.

Aging Backwards 10 Years Younger And 10 Years Lighter In 30 Minutes A Day - 5 Things Women Should Quit Doing After 60... How Many Are YOU Guilty Of? :) - How To Reverse Wrinkles ? | Dr Berg - Portrait of Lotte, 0 to 20 years - Ravages of COVID surge evident inside Missouri hospital - As one of Hollywood's leading headshot photographers, Cartwright has spent years photographing thousands of actors and models. When they make mistakes, do they stitch up the visible imperfections? The first mistake guys make when they're trying to appear younger? The first mistake guys make when they're trying to appear younger? - Once considered the consensus "Baddest Man on the Planet," Cain Velasquez has been sidelined for more than a year and half with a knee injury. Has not shown any signs of aging yet, so it is difficult to say. - FDA changes recommendations for use of controversial new Alzheimer's drug and now says it is only suited for patients in early stages of the disease - Miranda Esmonde-White is a classical fitness personality on Classical Stretch and creator of the fitness phenomenon Essentics. Miranda Esmonde-White offers an eye-opening guide to anti-aging that will empower you to look and feel younger, and not just a few years younger, but 10 years younger in just 30 minutes a day.

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