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# **50 NATURAL WAYS TO STAY YOUNG**



Hardback. Book Condition: New. Not Signed; This title features simple hints and tips to keep young and healthy, including diet, massage and a range of simple exercise techniques. You can rejuvenate your mind and body with hydrotherapy, invigorating aromatherapy oils, simple yoga stretches and deep breathing exercises. It covers anti-ageing nutrients, from super antioxidants to herbal brain boosters. It offers youth-enhancing exercises including joint-boosting anaerobics, posture-adjusting Alexander Technique, Pilates and balancing T'ai Chi. It covers simple and safe rejuvenating products,...

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- Authored by Tracey Kelly
- Released at -



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#### Reviews

Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).

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