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Staying Young Naturally Simple Practical Antiaging Methods That Work

LL Leslie



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Younger Dr. Harold Lancer, 2014-02-04 A revolutionary 3 step method for younger looking skin from the dermatologist behind Hollywood's A list stars Renowned Beverly Hills dermatologist Dr Harold Lancer is the expert on whom Hollywood's top celebrities rely to maintain their radiant complexions and to reverse the effects of aging Now he offers readers his groundbreaking 3 Step Method to rejuvenate their skin at home Based on years of clinical research Dr Lancer's regimen stimulates the skin's own transformative healing power for lasting results He provides a road map to help readers navigate the mixed messages of today's dermatological advice avoid expensive invasive treatments and see through the empty promises of so many beauty products He recommends the most effective skin care products for every budget from drugstores department stores and spas He suggests surprising lifestyle choices in diet exercise and stress management that support beautiful skin Whether the reader wants to maintain youthful skin or reverse the aging process Dr Lancer's Anti Aging Method offers a comprehensive program for ageless radiant skin

The Natural Superwoman Uzzi Reiss, M. D., OB/GYN, Yfat Reiss Gendell, 2008-11-13 The new health bible for women Women all over the world flock to Dr Uzzi Reiss for his cutting edge approach to women's health In *The Natural Superwoman* Dr Reiss brings his innovative philosophy to women everywhere demonstrating how they can stop feeling overwhelmed and tired and start feeling their best energized focused and ready to take on the world each day As Dr Reiss explains hormone balance is the key to living with vitality His anti aging program combines natural hormone therapy essential nutritional advice simple exercise and mind body techniques to help you no matter what your age become the healthiest most vibrant natural superwoman you can be *The Natural Superwoman* illustrates Which specific hormones can enhance energy sexuality and memory heal dry skin relieve sleep disorders alleviate depression and more Why you should take magnesium instead of calcium to guard against osteoporosis How to make simple changes to your diet to help you lose weight Why you may actually be exercising too much This book offers accessible yet authoritative information from a physician with more than thirty years of experience in understanding and working with women *The Natural Superwoman* shows you how to take control of your well being and feel better than ever naturally

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a renewed passion for life With Ageless Vitality he is sharing his knowledge with the world so that you too can experience the same healthy transformations as his patients I highly recommend you read this book and put what he shares to action Tony Robbins Book Review 2 I've been a patient of Dr Galitzer for nearly a decade and my belief in him has grown by the visit As a sports commentator and journalist for 50 years I've come to know many of the country's top doctors and surgeons and no one in the field of medicine knows more than Michael Galitzer His vast array of knowledge on how the body works and how to make it last is unmatched Today too many doctors protect themselves by giving the safest prognosis and recommendation Dr Galitzer is fearlessly honest and unconventional His methods and insights are breakthroughs If you care about living longer and healthier you should read this book Skip Bayless American sports columnist commentator and media celebrity Book Review 3 Dr Galitzer is truly one of the great healers in modern medicine His knowledge is encyclopedic and he is the foremost practitioner of energy medicine Kiril Sokoloff International entrepreneur and publisher of 13D.com

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