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Reversing Ageing: The Natural Way

By Paul Galbraith

Orient Paperbacks, New Delhi, India. Softcover. Book Condition: New. A complete rejuvenation and vitality programme. The human body has an inbuilt ability to rejuvenate and heal itself; it just needs the right conditions. This book explains how you can create those conditions and benefit from them. It covers the most effective rejuvenation techniques, combining the latest scientific discoveries with the ancient yoga methods and wisdom. The techniques represent an excellent time investment, since these will help you not only to feel younger but also to live longer and with dramatically increased vitality levels. You'll learn about: The most effective age-reversing exercises. The three most potent rejuvenation breathing exercises. Rejuvenation foods and supplements. Rejuvenation herbs for sexual vigour. Achieving super brain power. Achieving optimum fitness. Techniques to take years off your face. Printed Pages: 224.

Reviews

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