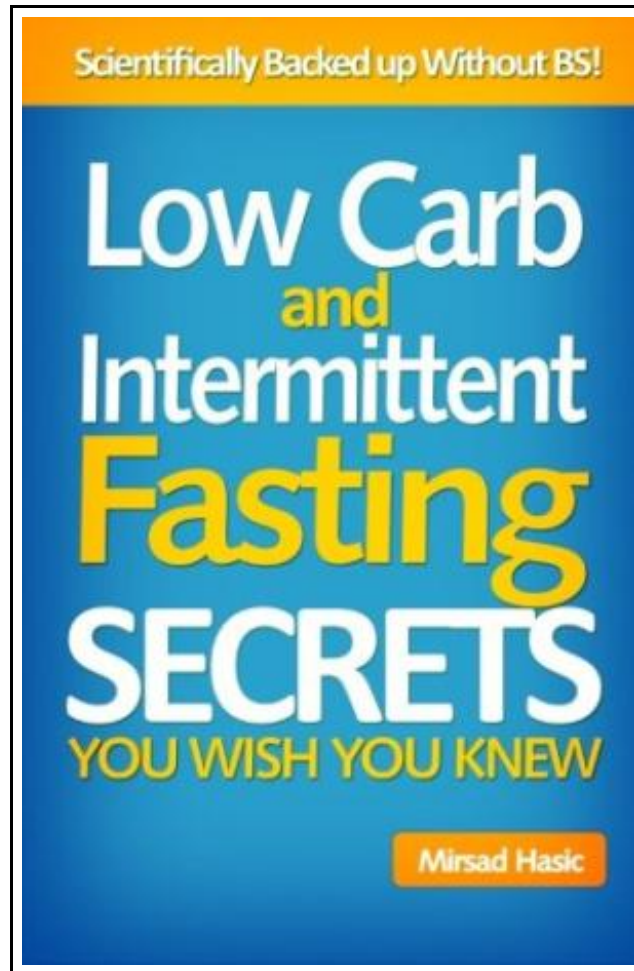


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.DISCOVER:: How to Achieve Longevity and SUPERCHARGE Your Weight Loss Goals Longevity is a conversation that is long overdue in this community. Let s take the first step, now! - Mirsad Warning: this isn t for the timid, the shy, or those that are convinced they know absolutely everything. Even if it were possible to know every single piece of information on low carb, we all need reminders. Are you a fan of old movies? I am, mostly because they can be so cheesy. You know the old submarine movies, where you can hear the captain say, Dive.dive.dive! That s what we need to do when it comes to our health. Staying on the surface just isn t enough. In order to unlock the health benefits that are out there, we have to dive down to get them. Sometimes that means leaving behind concepts that we were committed to. In other cases, it means keeping what we know, but adding new information to it. This process of combining the old with the new creates something totally radical: a pathway to wellness that we didn t have before. Through combining smart low carb principles and intermittent fasting, we can create a brand new blueprint for not just weight loss, but true longevity as well. Can you imagine being able to step past all of the pitfalls that are supposed to happen to you as you age, being able to do things that are unheard of? What about being able to go mountain climbing? Hiking through rough terrain? Doing track events with ease? Throwing a javelin with all of the force our ancestors must have held while...

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