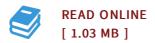




# 10 Reasons you feel old and get fat: And How You Can Stay Young, Slim and Happy!

By Lipman, Frank

Hay House, 2016. Paperback. Book Condition: New. 18.3 x 18.3 cm. Like most people in our society, you might see the years from the age 30 onward as a slow, painful decline marked by the following outcomes: weight gain, fatigue, mysterious aches and pains, illnesses, memory issues, low libido, and sadness and anxiety. Contrary to popular belief, the real obstacle for most of us isn't age?it's loss of function. Our bodies are perfectly capable of remaining slim and vigorous, and our brains can absolutely stay clear and sharp?if we give them what they need. The problem is that most of us don't do that. We don't realize what our bodies need, so we eat the wrong foods, skimp on sleep, and deprive our bodies of the movement they crave. Overwhelmed by the stresses and the pressures of our lives, we take a host of prescriptions, never realizing how they might be disrupting our body's innate ability to heal. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline. A pioneer and internationally recognized expert in integrative and functional medicine,...



#### Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

## Other PDFs



# You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203  $\times$  135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



# America's Longest War: The United States and Vietnam, 1950-1975

McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206  $\times$  137 mm. Language: English . Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America's Longest War explores the origins of the...



#### And You Know You Should Be Glad

HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



# A Connecticut Yankee in King Arthur's Court

Bantam Doubleday Dell Publishing Group Inc, United States, 1994. Paperback. Book Condition: New. Reissue. 170 x 104 mm. Language: English . Brand New Book. When A Connecticut Yankee in King Arthur's Court was published in 1889, Mark Twain was undergoing a...



### Bringing Elizabeth Home: A Journey of Faith and Hope

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170  $\times$  133 mm. Language: English . Brand New. At 3:58 in the morning of June 5, 2002, Ed and Lois Smart awoke to the sound of their nine-year-old daughter Mary Katherine...