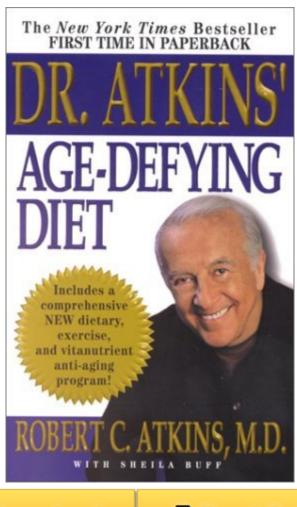
Dr. Atkins' Age-Defying Diet: A Powerful New Dietary Defense Against Aging (Mass Market Paperback) PDF







Dr. Atkins' Age-Defying Diet: A Powerful New Dietary Defense Against Aging (Mass Market Paperback) by Robert C. Atkins (Author)Sheila Buff (Author) ISBN B003Q7PMUC

Dr. Atkins offers the next step in health improvement in this book- a powerful anti-aging program utilizing his innovative dietary ideas, combined with the latest research on exercise, vitamins, herbs, hormones, and other supplements. This safe, easy to follow regimen not only fights age related illnesses like heart disease, cancer, arthritis and diabetes- but dramatically improves the way we look and feel as we age.

Dr. Atkins' Age-Defying Diet: A Powerful New Dietary Defense Against Aging (Mass Market Paperback) Review

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