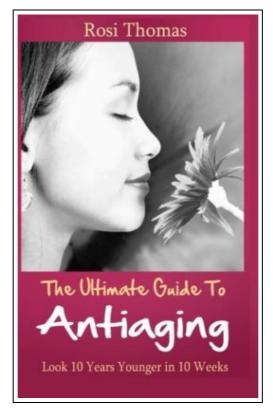
The Ultimate Guide to Antiaging - Look 10 Years Younger in 10 Weeks: Discover the Inside Story from an Ex-Nurse about Anti-Aging Diet Strategies and Anti-Aging Tips for Skincare (Paperback)



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THE ULTIMATE GUIDE TO ANTIAGING - LOOK 10 YEARS YOUNGER IN 10 WEEKS: DISCOVER THE INSIDE STORY FROM AN EX-NURSE ABOUT ANTI-AGING DIET STRATEGIES AND ANTI-AGING TIPS FOR SKINCARE (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Ultimate Guide to Antiaging - Look 10 Years Younger in 10 Weeks The inside story from an ex-nurse on antiaging diet strategies and antiaging tips for skincare The message at the very heart of the book is this - that our skin is the mirror of our overall health, and the only way to keep your skin looking radiant, regenerated and relaxed is from the inside out, not from expensive anti ageing creams which only temporarily mask the problems of ageing, rather like papering over the cracks in a wall. It is pointless wasting your hard-earned cash on expensive lotions and potions to plaster on top of dull, lifeless or poorly nourished skin, because as you have now covered up the blemish you are blind to the rot that continues to eat away underneath. This is the most important fundamental concept of good skincare. Not all of the subject matter in this book is new, however its approach is inspirational, showing you not only what and how, but also why - information often given scanty consideration in other books and publications relating to antiaging and skincare, but which level of understanding is crucial to your long-term success. You will discover: -The fascinating world that is your skin, and what makes it tick - information that is crucial to you making an informed decision about any aspect of your lifestyle/antiaging skincare -How and Why wrinkles develop in your once flawless skin, and 15 major factors (there could be one or two you hadn t thought of) that can accelerate the rate of your skin s natural aging process by as much as 100. If this doesn t shock you into action then...

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