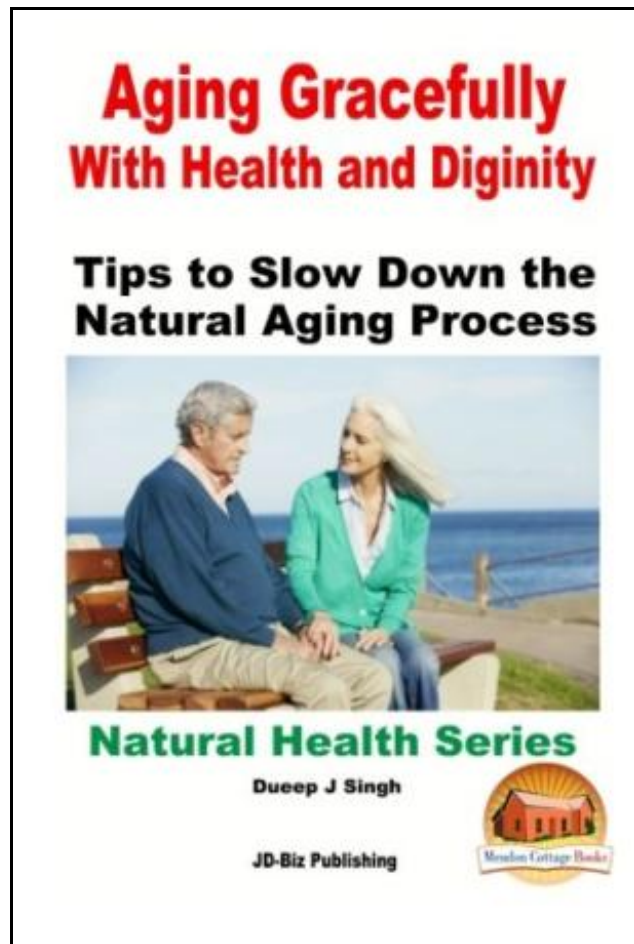


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(Ivah West)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Aging Gracefully With Health and Dignity Tips to Slow down the Natural Aging Process Table of Contents Introduction What Is Old Age? Symptoms of Old Age What Are the Reasons of the Natural Aging Process? Effect of Old Age on Your Bones How to Prevent Old Age Related Health Problems Keeping Old Age at Bay Fasting Rules of Fasting Knowing more about Fasting Fruit as Cell Rejuvenators What Do You Eat? Garlic Grapes Salt Intake Ginger Milk Yogurt Mustard Oil Getting rid of Wrinkles Longevity through Positive Thinking Conclusion Introduction Ask a number of people out there about the thing they fear the most, and many of them are going to reply - I am rather worried about how I am going to face old age. Believe it or not, this is one of the most prevalent of fears, affecting the subconscious psyches of a number of us. This is a natural innate reaction to one of the natural processes of a human lifecycle. Everyone knows that they are going to face old age with the passing of time. However, for a number of us, this stage of life brings with it, its own accompanying health problems, possible financial problems, and possible spiritual, emotional and physical upheaval. As time goes by, especially when we reach our 50s and 60s, our mind starts thinking self-consciously - we are growing old, how are we going to get through it. Unfortunately, everyone is going to go through this particular thought process sometime or the other, in the future as they grow older. Now, this is a reaction to our body not being as energetic as it was when we were in...



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