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## Formula for a Great Body, Mind, and Sex: Second Edition

By Oreste Lombardi

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\*\*\*\*\*. There are a zillion health books out there so why am I

writing one? As an 85-year-old chemist, I spent a lifetime observing, researching, and experimenting. Answers came, hence this book. Exploring the Table of Contents. Come and see, the mindset for wellness requires a good relationship with the person in the mirror. Likewise for the mindset that puts you in charge. Explore the exciting twists and turns of Male growth and development, explored only in this book. Come and see the Holy Grail of male enhancement coming into sight as information from various experiments come together giving fresh insight on male growth and development, Come and experience physical education explored at a fundamental level as the levers for muscle development emerge before your eyes. Experience the evolution of food processing with its consequences. I dissect and trash much of the stuff about fats and oils as conventional wisdom flips on its ear. Come and find astounding information concerning testosterone and dihydrotestosterone from experiments. Experience and feel the excitement of discovery. Beta alanine, a great...



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