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## Paleo for Ageless Men (Paperback)

By Gerry Canfield

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.We live in an extraordinary world where recent breakthroughs in medical research have revolutionised our concept of how the body functions. We now have a new and exciting picture of how our bodies can counter disease and how the ageing process can be positively influenced by a host of environmental factors. The myth about being bound to the luck of our genes has been exposed as a misconception. We now know that we can influence how many of our genes function and that means we can take steps to unlock the secrets of better health, of having more energy and vitality and developing a new level of wellbeing that might have seemed unreachable and impossible. The fact is none of us want to age. But what if we could slow the process down and restore our bodies to a younger and fitter condition? Surprisingly, the answer can be found hidden in our food. Your dreams of renewed vitality and youthful vigour can be realised by your choice of nutrition. This ground-breaking book empowers you to make life-changing decisions based on the power...



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