



## Keep Age Away: Easy Foods for Fitness and Longer Life (Paperback)

By Kimberly Hansel

Createspace Independent Publishing Platform, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.One of the finest - and easiest - things we can do for ourselves is to adopt great eating habits. Maybe it will be a surprise to learn which TWO DOZEN natural food items are especially valuable. Including these often in your meals - no special or complicated preparation - will enhance your overall health and vitality, and as a result give you the best chance of a longer life of great quality. The eye-opening information in this short readable book is as much for the young and currently fit as it is for those who are looking to regain youthful vigor. Written in a light-hearted style, KEEP AGE AWAY could truly change some readers lives for the better. And give copies to those you love! They will first be glad of your kind thought, and then delighted by results when they act on its life-enhancing information.

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