



## Biologic Revelation: The 10 Minute No-Sweat Anti-Aging Workout (Hardback)

By Wayne Caparas

WestBow Press, 2017. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Expert Reviews: Superbly researched, very convincing. . . BioLogic Revelation is a New Dawn in the way we need to work out. Forget your daily, hour long, sweaty, modestly effective exercise routine. You need quality, over quantity. There is a better, quicker, more effective way for better results based on solid scientific research. Personally, I modified my routine based on these well-researched facts and I am loving the results. A MUST READ! Dr. Adrienne Denese, M.D. New York Times Bestselling Author Harvard Researcher, Anti-Aging Expert If you want to burn fat, build lean muscle, look younger and maintain youthful joints then I highly recommend Wayne s new book BioLogic Revelation. In this book Wayne unlocks the secrets to not only getting in the best shape of your life but also how to use fitness to help you slow the aging process. If you re ready to transform your health and fitness level with less effort then I highly recommend reading this book and implementing the cutting edge and science-backed workout routine Wayne has created. Dr. Josh Axe, Bestselling Author Natural Health Fitness Expert...

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