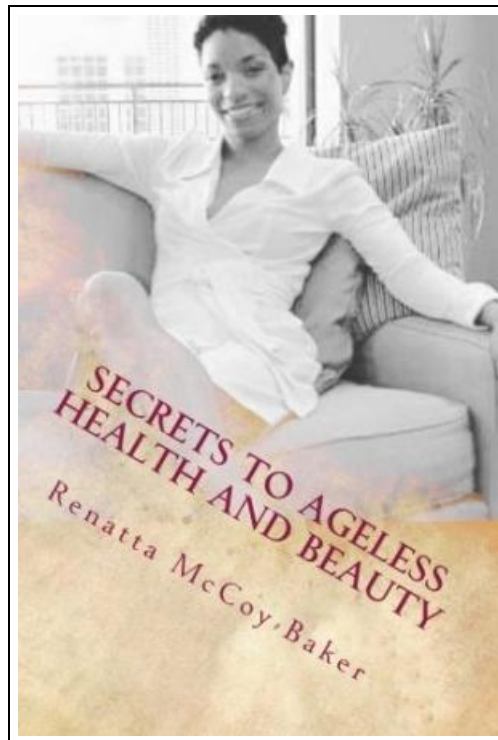


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SECRETS TO AGELESS HEALTH AND BEAUTY: HOW TO STAY 10 STEPS AHEAD OF THE AGING PROCESS (PAPERBACK)



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Ree Ree Fitness, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Coach Ree has established herself in the health and fitness industry as a HEALTH CRUSADER to the people. She is well-known for her countless energy and enthusiasm for all things health and fitness. Her primary objective is to reach all who want to take their health back and spend more time living inspired versus fighting health issues that prevent them from living the life they deserve. This is the book you have been waiting for!!!! Consider Coach Renatta s book as your mobile health and wellness survival guide with step-by-step coaching all the way through your journey no matter where you are in life. I sat with Coach Renatta to discuss the contents of her book in more detail. Here is what she had to say. Take it away Coach Renatta!! We all want to be healthy and fit but moreover we all want to look and live an AGELESS LIFESTYLE. Your daily health blueprint is either supporting you to age gracefully or it is activating premature aging deep within our cells. Real health and wellness starts within at the cellular level. True health is the body s ability to thrive and survive free of sickness and disease. You will find useful natural strategies and food recommendations to treat many common health issues that most have learn to live and accept as their way of life. You will learn about the POWER OF SUPERFOODS (adaptogens, antioxidants, spices, herbs, and smoothie recipes) and their outstanding benefits to keep you happy, healthy and ageless. This book combines total Mind, Body Spirit principles in support of living your highest quality of life. The hard core truth is. It is not solely about a weight loss...



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