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## BIOLOGICAL YOUTH: TOWARD MINDFULNESS AND RECOVERY OF YOUR DIET, LIFESTYLE, HEALTH, AND YOUTHFULNESS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Biological Youth presents a strategy to enhance mindfulness, transform lifestyle, and neutralize the underlying causes of disease and aging. The strategy combines science, imagination, visualiz-ation, and humor to inspire our total recovery of health and youthfulness. Biological Youth helps us visualize the cellular mechanism of aging in our tissues. It describes how our total fitness preserves youth-promoting stem cells...

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- Authored by Todd Ewing Phd
- Released at 2016



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