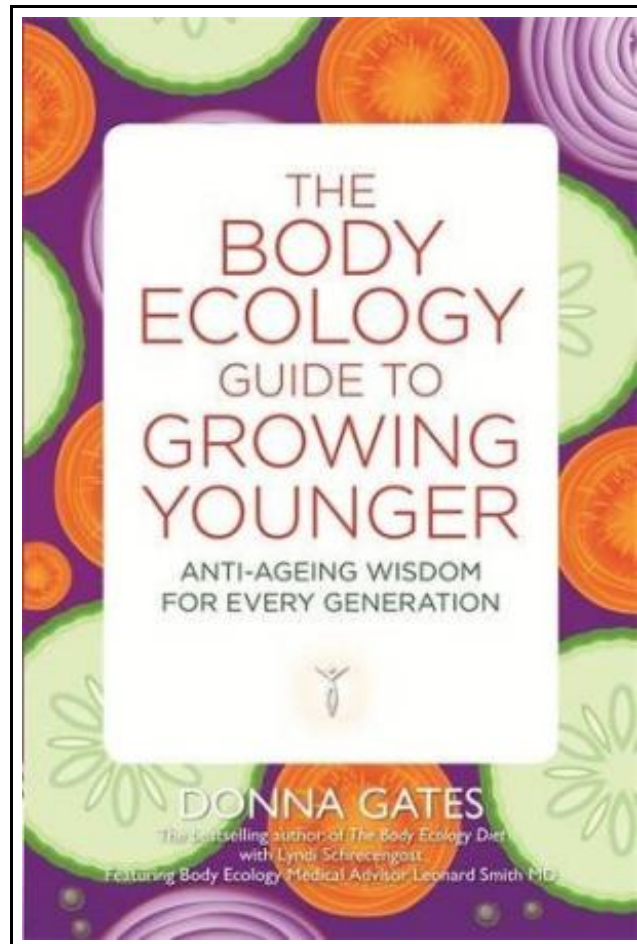


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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Body Ecology Guide to Growing Younger: Anti-ageing Wisdom for Every Generation, Donna Gates, Lyndi Schrecengost, This book provides a blueprint for restoring a vital friendship with our bodies and, in turn, renewing our bond with the Earth. It shows us how we can live fuller, healthier, more meaningful lives. A fascinating blend of cutting-edge medical information, practical health advice and spiritual wisdom, "The Body Ecology Guide to Growing Younger" is relevant for people of any age. Written by Donna Gates - the originator of Body Ecology, a world-renowned system of healing - this long-awaited book suggests that we don't simply have to age gracefully, we can age with panache. What's Inside this groundbreaking book: anti-ageing remedies that will make you feel and look younger; the missing piece to all traditional diet programs; insight into why we age and how we can prevent it; little-known wellness secrets that address the stresses and pressures of our modern world; ways to apply Body Ecology's seven universal principles to the health challenges associated with aging; and, superfood recommendations for increased energy, vitality, and disease prevention.



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