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Turning Back Time: The Science And Secrets To Anti Aging (Age Reverse)



Synopsis

Discover The Science and Secrets to Anti-Aging Read on your PC, Mac, smart phone, tablet or Kindle device. There's no denying the inevitability of time and its effects on our skin. Aging is absolute and it shows no matter how many years you subtract from your birthday. It affects marital relationships, jobs and how society, as a whole, treats us. Science can dial back the process just enough to make a huge difference. With a diligent routine and the proper treatment, you can sustain the beauty of your twenties and enhance your personal life and your career. This book is about just that. Here Is A Preview Of What You'll Learn... The science behind aging Best skin care to fight aging Best lifestyle choices and habits to age gracefully Create Do It Yourself Anti Aging masks Food Recipes Take action and download your copy today! Tags: anti aging diet, anti aging tips treatment, anti aging skin care, anti aging superfoods, anti ageing kindle book, anti aging vitamins supplements, anti aging recipes, anti aging tips, anti aging secrets, stay young and live longer, anti aging food, anti aging fruits, anti aging vegetables, vitamins and minerals for anti aging, fighting the aging process, Skin care secrets, skin care recipes, skin care tips, skin care books, skin care essential oils, skin care remedies, skin care products, skin care guide, skin care routine, skin care and cosmetics ingredients dictionary, anti aging secret, anti aging diet, anti aging cure, anti aging superfoods, anti aging tips, anti aging skin care, anti aging guide, anti aging dentistry, anti aging supplements, anti aging insights, body care recipes, skincare, Korean skincare routine, healthy skin, skincare tips, healthy skin, tip for healthy skin, natural skin care, skin care routine, healthy skin care method, how to take care of your skin, benefits of aromatherapy, benefits of essential oils, healing properties of essential oils, healing benefits of aromatherapy, how to relax naturally, relaxation therapy, relaxation techniques, essential oils benefits, essential oils, uses of essential oils, essential oils for anti aging, anti aging therapy, anti aging solution, anti aging cure, youthful skin, essential oils for younger skin, essential oils for health and wellness, essential oils for men, essential oils for women, essential oils for younger skin, precautions on essential oils, when to use essential oils, essential oils, natural oils, essential oils for dry skin, essential oils to heal common ailments, essential oils for spa treatments, Inflammation, body lotions, sleep, paternity, skin care free kindle books, anti aging free kindle books, short read self help book, short read kindle books, skin care secrets, skin care by anti-aging solution, anti-aging treatment, anti-aging cure, anti-aging secrets, anti-aging diet

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Customer Reviews

I was intrigued by the cover of this eBook but the content itself was a big disappointment. Most of this info. is just common, "no brainer" suggestions such as: -eat healthy, get enough sleep, use good skin care products, limit sun time.... What I really was surprised by was the author's skin care list by age that ended at the 40s!!! What's that all about? Don't most people want to continue to look good in their 50s and beyond? I do! ;-) No photos included either. I'm giving 2 instead of one star for her mention of facial exercises. I'm a firm (no pun intended) believer in the value of doing regular facial exercises (I use HAPPY FACE YOGA on a regular basis) so that was one thing that was a welcome addition in this eBook. Can't say if the actual exercises included are good though, as I haven't tried them and won't be. You can read more about my experience with Happy Face Yoga at my product review blog: [myreallifereviews .com](http://myreallifereviews.com) where I also include before and after photos of my results. :-) Can't recommend this eBook. Deleted from my kindle already.

Turning Back Time THE BRUTAL TRUTH IS WE AGE. Yesterday I turned 56 and as much as I hate the reality I am MATURING. I can accept the truth. The book gives me ideas and tips to become proactive if I am still in my 20s, 30s, 40s, and above. If I have not then the tips and tricks written about today are affordable and helpful. That is a big deal in today's overwhelming skin care market.

Thank you for the exercise tips and homemade products. I give this a 5. Only because I am not a visual person and have to find a picture or video to show me the facial exercise.

This information may be helpful if the reader is young. If the reader is over 35 or 40, as this reader is, it is too late. Little of the information covers already aging skin. A more appropriate title might be slowing down time or staying young looking.

The anti aging information is quite easy and affordable for every day care. Much of the advice given is tried and true. Every summer for as far back as I could remember my grandmother and mother had us in the fields picking enough blueberries to last us through to the next season. We froze them and ate them liberally on everything. Fresh frozen blueberries are an easy and satisfying treat. I remember watching my grandmother doing the facial stretching exercises described in your book. She pumped vitamin C in us like it would save our life. She moisturized daily without fail. She had the most beautiful complexion that was wrinkle free. At 80 years old she looked 60. My mother is now 80 and looks nowhere near her age. My sisters and I continue the care described in your book and are also blessed to have a younger appearance than our actual age. I am 54 and get shocked looks and comments whenever I present my ID. I am quite confident that following the simple advice in your book will give women the same results. Glad I listened to Grandma.

Turning Back Time: The Science and Secrets of Anti-Aging by Stephanie Lewis, is a good beginning guide in the never ending quest to stall and/or reverse the aging process. Good basic advice that too many of us take for granted, or merely overlook as being too simple to work when they really do. Kind of like the "can't see the forest for the trees" syndrome. This book takes you from the very core of the problem: DNA and how the deterioration of Telomeres leads to our destruction, to basic skin care and what to look for within the products touted as miracles (that may or may not be), to lifestyle changes and some great recipes to get you started off right. Please don't let the size of this book deter you from picking it up. I grabbed it during a free promo, and I'm so glad I did! It may be short, but it's definitely SWEET and begins your path toward the ultimate goal of anti-aging. I'm glad to be the first to review this book. I encourage you to pick it up, I don't think you'll be disappointed. It reaffirmed everything I thought I knew and made me want to renew my dedication to my future well-being. Can't wait to try the anti-aging masks/serums got some research to do!

This is a book that explains in detail what aging really is on a DNA level and how we can alter our lifestyle to at least delay the aging process. The advice is really great and well researched, it can be applied by anyone and yields encouraging results. I am glad I stumbled on this book, highly recommended.

This book didn't contain any "never before" known hints for fighting the aging process. It was, however, a nice reminder of information that is basically common knowledge.

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