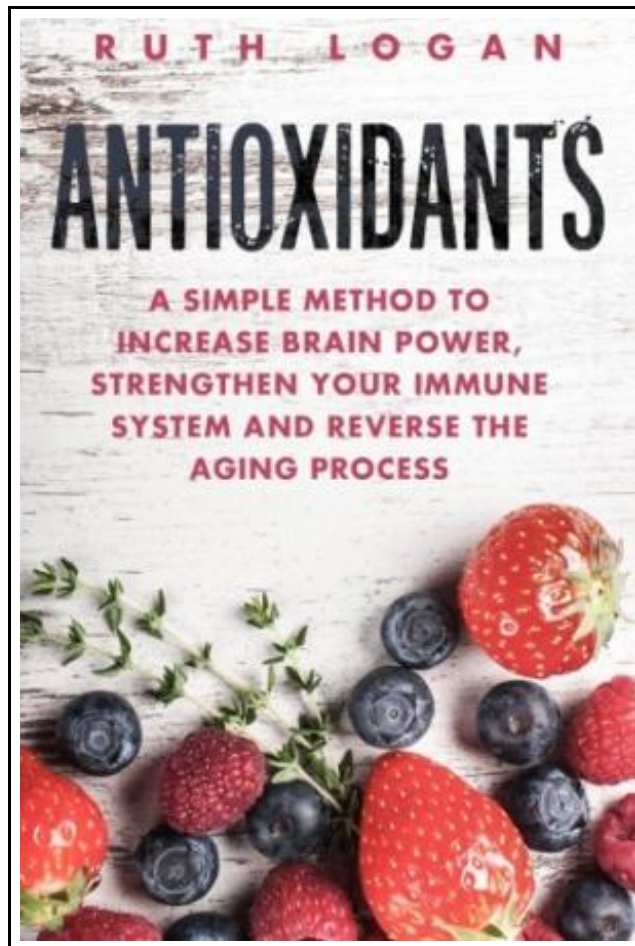


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Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

(Michale Shields)

ANTIOXIDANTS: A SIMPLE METHOD TO INCREASE BRAIN POWER, STRENGTHEN YOUR IMMUNE SYSTEM AND REVERSE THE AGING PROCESS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover how to increase Antioxidants into your life with ease Adjusting your diet can be a daunting task. It requires large amounts of knowledge, focused effort, will power, and support. You re changing a 3 x day habit and that isn t easy. So, you want to make sure that you have the right information, a system that s easy to follow and ultimately, one you ll keep to long term. All of these concerns are covered in the book: **Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process** Why you should check out Antioxidants This book will be a good fit if you want: To understand what Antioxidants areHow we can benefit from themHow to incorporate Antioxidants into your diet with minimal fussThe top 7 Antioxidants NOT to miss out onFind Antioxidant food sources in a fun and easy wayThe top 3 ways to drink your AntioxidantsTop 10 Cheap, hassle free and Antioxidant rich mealsFood drink-free Antioxidant boosters Throughout this book, I m going to walk you through the basics of what Antioxidants are, how we can benefit from increasing the intake into our body, and how to restructure your diet and lifestyle into an easy to follow format, that s not demanding on your time, energy or finances. At the end of the book I ll provide you with multiple meal options for breakfast, lunch and dinner that are rich in Antioxidants. This book is meant for the someone that doesn t want to be bogged down with scientific data and technical terms, but wants REAL, ACTIONABLE steps to increase Antioxidants into their life in...



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