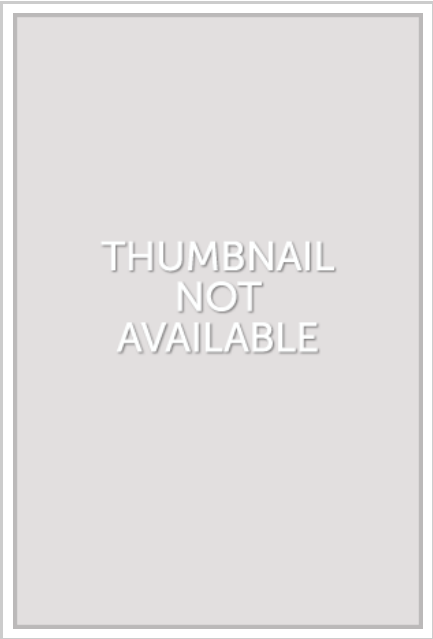


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Bio-Young: Get Younger at a Cellular and Hormonal Level

By Roxy Dillon

Tantor Media, Inc, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 190 x 135 mm. Language: English . Brand New. You ve always heard that age is just a number -now we have the science to prove it. Those wrinkles under your eyes are not simply an inevitable part of the aging process. Actually, those unpleasant surprises in the mirror are a result of the decline in your cellular and hormonal functions. Science shows us that your hormones quickly decline after age thirty, leading to a variety of changes in your body, including hair loss, saggy skin, and unwanted facial hair. The good news is that all of your aging symptoms can be halted, and even reversed.In Bio-Young, renowned anti-aging expert Roxy Dillon guides you through an easy-to-follow regimen that will naturally stop and reverse the aging process. Using ingredients that you can find at home, you can stimulate your hormone-producing glands into youthful activity again. Discover the bio-actives-foods, herbs, supplements, edibles, and essential oils-that you should be eating, or applying externally, and learn how their key compounds will plump your skin, reduce high blood pressure, and even fight cancer cells. Roxy has created a clear-cut program that will help...

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