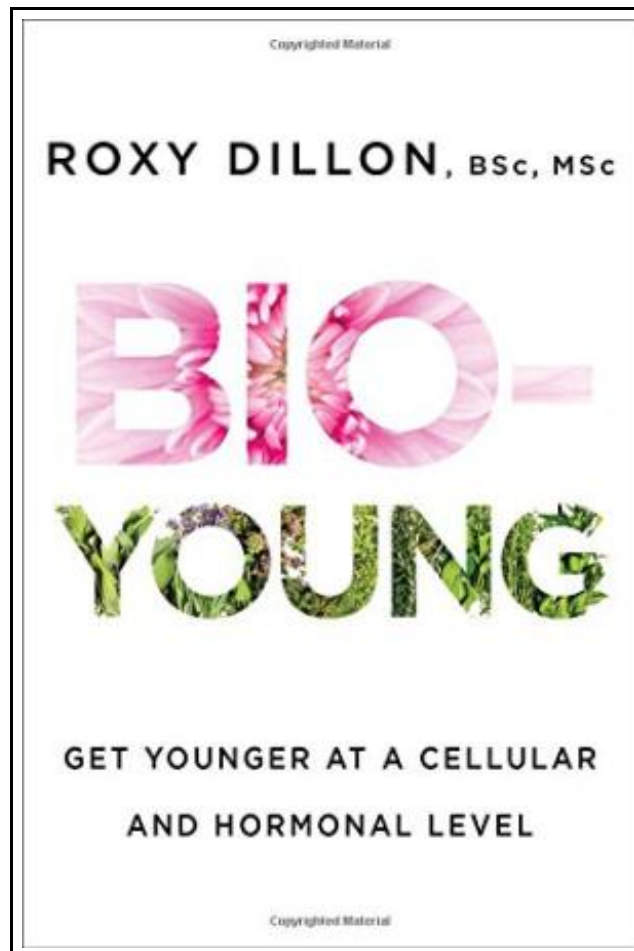


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Atria Books, United States, 2016. Hardback. Book Condition: New. 231 x 157 mm. Language: English . Brand New Book. A groundbreaking, easy-to-follow, all-natural anti-aging program using vitamins, natural oils, and many common foods that will help you to look and feel younger. You've always heard that age is just a number now Roxy Dillon, the Youth Guru, has 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. Amazingly, common plants and foods contain compounds that are now scientifically proven to stimulate cellular and hormonal function, and actually reverse aging! 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 (such as resveratrol in red wine, squalene in olive oil, or ferulic acid in rice bran oil) will plump your skin, reduce high blood pressure, and even fight cancer cells. From restoring thinning hair with rosemary and smoothing wrinkles with honey, to preventing grey hair with onion juice there's a natural solution for every problem. Roxy has created a clear-cut program that will help you take control of your looks...



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