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# Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets

## NATURALLY REVERSE THE AGING PROCESS

*Look 10 Years Younger Using  
These Anti Aging Secrets*



## Synopsis

**NATURALLY REVERSE THE AGING PROCESS: Look 10 Years Younger Using These Anti Aging Secrets.** So many individuals are looking for ways to turn back the hands of time, or at least to slow them down. This book covers proven techniques on how this can be achieved. The author of this book, R. Rena Dotson, found that she was continually being complimented that she had not aged in the past 20 years. People often approach her and ask what her secrets are to remaining so young. In this book Rena has compiled the natural remedies she uses on a daily basis to keep her skin appearing so vibrant. This e-book examines what is essential to remaining youthful and attractive. It covers the following topics and why they are essential to the anti-aging process-Do you wonder what causes the aging? Do you ever wonder why you are experiencing hair loss, and what you could do to stop the loss? Have you ever wondered what you can do to look and feel younger? Or which foods and strategies really work to slow down the process of aging?In the chapters outlined in this book, I have revealed the answers to those very questions and much, much more. From the very moment you read this book you will be able to implement these all natural anti aging methods into your every day routine at a very minimal expense, with ingredients you probably already have in your kitchen. Chapter 1 - Why Our Skin AgesChapter 2 - Skin ConcernsChapter 3 - Natural Approach To Anti AgingChapter 4 - Cleanse Your Spirit To Slow Down The Aging ProcessChapter 5 - Benefits Of ExerciseChapter 6 - How To Decrease Hair Loss Using These Home RemediesChapter 7 - Beauty TipsTopics covered in this book are (but not limited to) anti-aging, Anti-aging diet, fitness, exercise, young, youthful, toxins, rid body of toxins, detox, detox diet, detoxification, weight loss, diet, healthy, healthier, health, happiness, personal growth, happy, inspiration, relaxation, sauna, steam room, acne, age spots, dry brushing, fasting, antioxidants, healthy skin, healthy complexion, low carb, low carbohydrates, protein, distilled water.Like the Authors' fan page at- <https://www.facebook.com/RRenaDotson.Author>

## Book Information

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## Customer Reviews

I must say that this was a very useful book. Rena did a fantastic job of balancing the recipes with the logic behind the ingredients. My only suggestion would be to maybe put the recipes in their own section to make it easy for me to get right to the recipe when I am trying to make the things she suggests.

You'll find a lot of great ideas in this book. Even if you are still very young, everyone including men will benefit from the info in this book. It's straight forward and to the point by. Perfect for a quick reference guide.

Very informative, will be trying some of the masks supplied in the book as well as eating more of the foods the author suggested for my skin and hair problems. Can't wait to try my first water fasting too.

What an Amazing book! The information found here has me inspired to try to take better care of myself! My Daughter Rena has always been a very intelligent person. I think you've truly out done yourself Baby Girl! Simply Awesome!

Author Dotson, R. Rena, have done a great job by writing the book "Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets". This is a simple written, easy to read book about the great secrets of remaining youthful in appearance. When one looks and feels younger than their real age, it is very uplifting and a great confidence booster. Buy this book

and use the time tested secrets told by Rena and get mistaken for being years younger than your actual age! Thatâ€™s really fun and sometimes you may be thought to be your childrenâ€™s sibling instead of their mother or father like this author experiences in her own life. Highly recommended if you are searching for a book that shares the wisdom to look younger than your age!

Who doesn't want to look younger. This book was probably written for women, but being a man, I found much that helps me, too. I'm probably not as concerned about growing old as women are, but I still want to look my best. Ms. Dotson had many recommendations about what to do to help our skin look better and slow down the aging process and I really liked the list of resources in the back of the book. This alone is worth the price of the book.

The author did a great job in this book covering so many ways to fight the aging process. I would refer this book to anyone who is interested in fighting against looking older.

This book goes over all aspects of beauty including hair, skin, health and tells you natural things that you should eat to support the infrastructure of your body. It was very enlightening.

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System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life ( Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Younger You: Unlock the Hidden Power of Your Brain to Look and Feel 15 Years Younger How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better Look Younger, Live Longer: Add 25 to 50 Years to Your Life, Naturally 7 Years Younger Instant Makeovers: The Quick & Easy Anti-Aging Plan for Beautiful Skin, Hair, Mind & Body 7 Years Younger: The Revolutionary 7-Week Anti-Aging Plan Turning Back Time: The Science and Secrets to Anti Aging (Age Reverse) Anti Inflammatory Diet: The Ultimate Anti-Inflammatory Diet Recipes!: Top Anti-Inflammatory Diet Recipes for Beginners Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti-Inflammatory Diet: The Ultimate Beginners Guide to Eliminate Body Pain and Restore Your Overall Health By Eating Foods Designed For You (Anti-Inflammatory ... Pain Free, Anti-Inflammatory Recipies)

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