



Ancient Spiritual Exercises - Revealed: A Guide for Regaining Your Health and Youth (Paperback)

By Dr Joseph Parazoo

Createspace, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Hidden deep inside the Himalayas is a secret almost too good to be true. It's a secret that can enable you to look a shocking 30 years younger - in just 10 weeks from now, working just 10 minutes a day. Restore your natural hair color. It can improve your memory. It can correct your eyesight. It can turbo-charge your energy levels, your strength, your virility. And it doesn't matter how old you are. You could be 20, 30, 50, or 100. It's irrelevant. However old you are, you WILL be able to do these exercises - and you WILL experience profound benefits. Tap into the secret wisdom of the Native Americans, and learn how you can heal yourself using nature's own energy. Discover the secrets of longevity, by tapping into the balance-based principles of the Chinese Masters.

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