



# The FIFTY, FIT AND FABULOUS : PALEO COOKBOOK: 250 Anti-Aging Recipes

*Beran Parry*

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Beran Parry is a living testament to the power and effectiveness of using these recipes. Just check out her photo on her book cover! Thousands of individuals around the world have benefited from her teaching and advice. Now that knowledge and practical wisdom has been made available for you in one information-packed Cookbook. A lifetime of study, research and real-life experience in one breathtakingly stunning volume of 250 unique recipes! The Fifty, Fit and Fabulous Cookbook is a turning point in our understanding of how to maximise our health and wellbeing way beyond the half-century mark. These life-changing recipes will show you how to:

- Burn excess body fat naturally and effortlessly
- Take control of your nutrition
- Add the essential nutrients that your body craves for enhanced health and fitness
- Get excited about some of the healthiest, tastiest food imaginable
- Discover your body's potential to look and feel years younger
- Give your body its best possible opportunity to feel fabulous

The world's population is getting older as people are living for longer than ever before. This is largely a result of improvements in food production, improved health support and advances in medical technology. But are we condemned to look like a population of pickled walnuts with wrinkled skin and drastically reduced strength and mobility? No. No and No! The fact is that many aspects of the ageing process are linked to stress. We experience environmental stress from our surroundings, from the pollution in the air we breathe and the water we drink, from our diet, from our emotional responses and from a host of other factors. Written by one of the world's leading experts on health, nutrition and wellbeing, this is the essential Recipe Book for turning back the biological clock, on maintaining peak health and vitality and living life to the full at every point in your life. The myth of eternal youth may remain a charming fairy story but the power of re-generating long-term youthfulness is now within our reach. The secrets, the science, the method and the technology are held within the pages of this extraordinary manual. Your body deserves the best. Don't delay another single second. Begin your personal rejuvenation programme right now. Your body deserves it. Download it today

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