



5 Steps To Looking Younger: A Practical Step-by-Step Guide To Anti-Ageing

Mr Rohan James

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Since the beginning of time, humans have searched for the fountain of youth, the secret to immortality and anti ageing secrets. There have always been hopes and rumors that someone has discovered the “secret” of how to slay the demon of human ageing and many have gone to extreme lengths to find the elixir of eternal youth. It has been said that before Alexander the Great’s death in 323 BC that he had been searching for a river that healed the ravages of old age and probably the most famous “exploration” for eternal youth was 16th-century Spanish explorer Juan Ponce de Leon, who allegedly thought it would be found in what is now known as Florida, USA! There seems to be no end to the lengths to which we will go to find that elusive elixir of youth. According to the American Society of Plastic Surgeons, there were 15.1 million cosmetic plastic surgery procedures performed in the USA in 2014, a 77% increase over the previous decade. While the anti ageing industry based on potions, lotions and surgical procedures pushes through the \$300 billion mark per annum globally, one very important scientific discovery has been seriously overlooked in the anti-ageing arena since it was first “proven scientifically” over 100 years ago. Finally, “The Real Fountain of Youth”, the cosmetic companies don’t want you to know about, is being released to the public in its entirety...

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