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Unlock Your
Genetic
Potential for
Ageless Strength,
Health,
and Beauty

THE

6 KEYS

New York Times Bestselling Author

JILLIAN MICHAELS

with *Myatt Murphy*

Jillian Michaels

The 6 Keys: Unlock Your Genetic Potential for Ageless Strength, Health, and Beauty



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Reverse the effects of aging and maintain optimal health forever through the brand new 6 Keys program by NY Times-bestselling author Jillian Michaels. After all, if you can decide your weight, why not your age? Researchers and doctors have got identified six major age inciters: metabolism damaged macromolecule epigenetics inflammation stress adaptation telomeres The 6 Keys presents an ageless health, fitness, and beauty plan that addresses all six of these -- and gets them working out for you instead of against you. With Grasp Your Metabolism, Jillian Michaels showed us how exactly to manage the metabolic machinery underneath our weight and health struggles. Now she's ahead of the curve once again -- conquering the mayhem, myths, and misunderstandings associated with maturing. Empowering and rigorously researched, The 6 Keys outlines powerful lifestyle interventions, dietary guidelines, workout plans, and vanguard approaches for cultivating mindfulness that restore and protect human being performance, keeping you suit, healthy, and beautiful forever.



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