

# Lean And Healthy To



The real root reason you gain weight, get tired, sick, age  
and die prematurely and the easy, inexpensive and  
natural way to reverse it. So why weren't  
we all taught this years ago?

**GORDON FILEPAS**

Gordon Filepas

## Lean And Healthy To 100



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Few people understand that there is only One particular and biologically correct way for a human to become lean and healthful to 100 WITHOUT exercise, dieting or deprivation and the answer is definitely within this book. It's the responsibility of the consumer to do their own health study also to self-educate. Because it isn't their fault. After shedding his dad and brother to cancers while beginning a family of his very own around 1991, the author spent over 5,000 hours over the next 20 years self-studying, analyzing and piecing together the world's best health, weight loss, anti-aging and longevity research from the past 80 years. His goal was to insure his kids didn't suffer the same fate as his dad and brother. And, no one every connected ALL the dots like he do. He says that all the research is present out there, but it's difficult to find. Why? This is one book you will want to share with all your loved ones to help them become and stay lean, healthful, youthful and long-resided as effortlessly and affordably as possible for generations to arrive. Anyone, even your children, can easily understand and apply the daily measures with virtually no effort or expense. 3) looking or feeling more youthful 4) becoming healthier - this publication is for you. Experts say that over 95% of individuals still are not following the time-tested guidelines in this book since they have never been taught. 2) keeping weight off; The study highlights that the individual cell is essentially immortal so we should all live to at least 120 years while becoming lean and physically and mentally healthful. The book has been called "brilliant", "eye opening" and "existence changing" by clients and health enthusiasts around the world, doctors and reviewers alike due to the intensely comprehensive however simple, affordable and good sense strategy. Unlike any other diet plan or health publication, the author shows you exactly what you've been missing - regardless of how several diets, fads or exercise programs you've tried. Most diets can help you lose weight but are harmful and unsustainable over time. This publication solves those problems. If you are having trouble 1) slimming down; This book solves that problem, aswell. Surprisingly, this book is not anti-pharma in any way and does not blame the pharmaceutical market for weight problems and health problems in America. His children urged him to create this book to help all people across the world. Simply eat what you love. Individuals are 100% in charge of their own health options and wellness decisions. And, you don't have to become a natural foodist, vegetarian or vegan either. He pulled all his analysis jointly and boiled it down to 7 daily steps that allow you to address the primary cause of most afflictions for yourself. The reserve can help everyone irrespective of age group, gender or ethnicity and regardless of whether you are a vegetarian, meat-eater or any eating style in-between.



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