

CHRISTINE HORNER, M.D., F.A.C.S.
Author of the award-winning *Waking the Warrior Goddess*

RADIANT HEALTH AGELESS BEAUTY



Dr. Christine Horner's **30-Day Program** to
Extraordinary Health, Beauty, and Longevity

Christine Horner

Radiant Health Ageless Beauty: Dr. Christine Horner's 30-Day Program to Extraordinary Health, Beauty, and Longevity



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You might think preventing the stereotypical decline in later years requires an austere life with hours of meditation every day, along with juice fasts and yoga; Horner's Radiant Wellness, Ageless Beauty sums up with Dr. Board-certified plastic surgeon and professional in natural health, Dr.s nothing that can be done about it. Christine Horner, says regardless of what you had been dealt in the genetic lottery and no matter what your age you can like a long life of radiant health and ageless beauty. And it can be basic, fun, and adventurous. Using the principals of Ayurveda, a 5,000-year-old system of medicine, along with the latest cutting-edge research, Dr. Each day presents a fresh health tip for you to implement into your life. Or you may believe that your wellbeing and longevity are programmed in your genes and there' or hours of rigorous exercise and a diet plan of lettuce, carrots, and wheat grass, along with costly spa treatments and plastic surgery.s 30-Time program for extraordinary health, beauty, and longevity. Horner tells you exactly what you need to avoid and what you ought to embrace to see extraordinary health and longevity. An extensive reference section lists contacts for obtaining all the foods, supplements, products and programs that may stack all of the odds in your favor of enjoying a long life and staying lively, strong, and happy.



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Five Stars Good read but still getting through it Five Stars What an informative look at health and beauty inside and out. Five Stars Great book. fast delivery fast delivery; good information in book Five Stars Excellent book with important health information! It is very well documented, and will be offering an abundance of information for wellness, well-being, and inner/external beauty.. What things to avoid, what to embrace,.. This book has everything you need to learn to be healthy! I really like Dr. Dr!!and it's written so creatively with stories and symbols! Horner's newest book I really like Dr. Horner's newest reserve, "Radiant Health, Ageless Beauty". Health for Everybody! Its can be fun to learn, and a great reference reserve to have forever.Shoshana Suellis, holistic wellness advocate Exceptional guide to how exactly to live long and healthy lives while looking our best This is a superb reference for all of us who want to know how to live long, healthy lives while looking our best naturally. I REALLY LIKE it! Her writing design is usually engaging, lucid, and warm. Christine Horner sifts through contemporary research and also time-tested Ayurvedic practices to find out what we can do and what we can eat to optimize our health and longevity. I plan to buy this book for friends and family as birthday presents. What better way to inform them I care?



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