



# Natural *and* Home Remedies *for* Aging Well

**196**

Alternative Health  
and Wellness  
Secrets That  
Will Change  
Your Life

- Herbal remedies
- Superfoods for well-being
- Gentle exercises to do at home
- Practical preventative care

Bottom Line Inc.

Natural and Home Remedies for Aging Well: 196 Alternative Health and Wellness Secrets That Will Change Your Life (Bottom Line)



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The editors of IMPORTANT THING Inc. present Organic and Home Remedies for Aging Well, the best & most extensive book for mature men and women looking to maximize out of their lives with alternate and complementary procedures, healing foods, and appropriate workout. With insight from over 100 of the world's top health professionals, this go-to direct provides quick access to the trusted assortment of information that IMPORTANT THING is known for, and offers advice on a vast array of topics, including: Over-the-counter and homemade remedies Foods that fight disease and ease discomfort Weight loss and workout essentials Human brain fitness and healthful sleeping habits Whether you're wishing to remain fit and lean, avoid or treat a condition, or just wanting occasional substitutes to the original medical options, Bottom Line is here to assist you confidentially take charge of your wellbeing! There are other options, more natural and better to use, that can empower you to take back the control of your own body, and restore your vitality. Americans spend a fortune each day time on prescription medications, and if you're over the age of 50 the price and complications of conventional health treatments can be overwhelming.



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