

"MY BODY THANKS YOU  
FOR ALL THE GREAT  
BODYWORK..."  
—ERIN BROCKOVICH



# STAYING YOUNG

Simple Techniques to Look and Feel Young

USA TODAY BESTSELLING AUTHOR

**PAMELA DUMOND**  
CHIROPRACTOR

Pamela DuMond

## Staying Young: Simple Techniques to Look and Feel Young (Volume 1)



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This self-help publication is filled with easy ideas and techniques that include clearly created descriptions and photos that will help you on the way to appear and feel better. You need easy ways to lessen your back and throat discomfort, or drop that additional weight. STAYING Youthful offers tiny changes which are easy, take the time or two, and reward—are inexpensive. You wish to appear and feel younger no real matter what your age. STAYING YOUNG is a tool for those of us who, no matter what age group we clock in at, choose to feel better and look young. For thirty plus years, Pamela DuMond, Chiropractor, spent some time working on the various body parts of the wealthy and famous, as well as the rest of us normal folks. Lose weight. Today she brings all this experience for you! Age-proof yourself! Feel great.



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It helped me! This tiny book is full of life changing and affirming techniques!), this book is packed with tips for keeping and feeling young. LittleBIG steps. Useful Techniques Staying Youthful is a good guide and provides an easy task to do ways to relieve pressure and pain. Pamela DuMond's writing can be delightful and inspiring. Just pick up this publication and try 1 part of it that may count for you, and it worth the purchase price! The tennis balls in the sock really works for everyone. Sending my sis a duplicate! Thank you for this amazing book! Buddy Coach Friend. We hate going anywhere in a timetable to work out and prefer my bicycle ride and some of these stretches. This book foretells you like a pal in the self-explanatory warm way Only Pamela can do. Timely suggestions and handholding in just ways to get me to focus on taking better care of myself. It's as basic as that & You'll feel better and I'm betting can look better also..Basic and Life Changing! Not merely was there a whole lot of information that I could use immediately however the tone was conversational so I enjoyed reading it. I immediately used some of the stretches for sciatic and it helped beyond belief! Then I went back and read the rest of the publication in fits and starts. Successful for me. Very simple ways to make life better.... Really simple ways to help ease pain, stress, sinus pressure, etc. using things found around the house. The 1st one listed was an extremely easy way to reduce back/neck pain which my husband has suffered from for years. Also, yoga, beauty guidelines, methods to de-clutter your existence. I can almost promise that you will discover several hints that either you or a family member can use to make their life better.! Personally I think better already! So many helpful hints for such a small cost!. This reserve is the best to dive in and start to breathe with!. I take advantage of some of them regularly and am happy for the reminder and instructions of additional simple stretches and methods. I found the photos and step-by-step instructions easy to follow.. Everyone who functions at a computer should get this. Simply Useful!! From simple, doable exercises for neck and shoulders, to wrists, also to a bunion solution, this little publication is packed with great helps for physical wellness. DuMond's love of life. If followed faithfully, as time passes, I'll bet it'll make me feel even better. This book really helps! I think Pamela Dumond has covered every ache and discomfort I have. It is so helpful! I highly recommend this reserve! And the techniques are so easy! For those of us starting to age (who me? as HARD as that at the same time. For those of us needs to age (who me? . I also appreciated Ms.. Take a look.? And, they are very easy to put slowly into your life. (as my 16 year previous would say! DuMond knows what's going on! Ms.)



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