



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 and

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



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With Master Your Fat burning capacity, Jillian Michaels showed us how to take control of the metabolic machinery underneath our weight and health struggles. Reverse the effects of aging and keep maintaining optimal health for life through the brand new 6 Keys plan by New York Times-bestselling author Jillian Michaels. Now she's ahead of the curve once again -- conquering the mayhem, myths, and misunderstandings connected with ageing. After all, if you can decide your weight, you will want to your age? Empowering and rigorously researched, The 6 Keys outlines powerful way of living interventions, dietary guidelines, workout plans, and vanguard approaches for cultivating mindfulness that restore and protect human performance, keeping you match, healthy, and beautiful for life. Scientists and doctors have got identified six major age inciters: metabolism damaged macromolecule epigenetics inflammation stress adaptation telomeres. The 6 Keys presents an ageless wellness, fitness, and beauty plan that addresses all 6 of them -- and gets them working out for you instead of against you.



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