

JACOB ROSENSTEIN, M.D.

A board certified neurosurgeon who  
revolutionized his own health and wellness



# DEFY AGING

Make the Rest of Your Life  
**the Best of Your Life**

Jacob Rosenstein

Defy Aging: Make the rest of your life the best of your life



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Dr. The truth is there is no magic potion. These discoveries possess transformed his lifestyle, and will help transform yours. With countless diets and workout plans sweeping the country, it can become difficult to find which ones are legitimate, let alone the one that is the most beneficial to you. It's the age-old magic potion which doctors and nutritionists have attempted to conjure up because the beginning of time – the perfect balance of brain and health. Good health doesn't happen unintentionally. Jacob Rosenstein offers analyzed modern diet plan through years of his personal encounter. These encounters enabled him to create a comprehensive and effective method toward improving an specific's health and lifelong wellness. His results reflect the rewards of his personal nutrition and supplement regime, together with his exercise program. It's an ideal mixture of nutrition and workout. It is what we eat and how we workout that can develop a life filled with vitality. With extensive research, Dr. Rosenstein provides us with his understanding of good nutrition, correct supplements, and what that you can do to promote your a healthy body and longevity - making the others of your lifestyle the very best of your life.



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Great common sense strategies to maintaining optimal health throughout your life.It's never too late to improve your health!



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