



Never Feel Old Again

Aging Is a Mistake—Learn How To Avoid It

Raymond Francis, MSc
Author of the Bestseller *Never Be Sick Again*



Raymond Francis

**Never Feel Old Again: Aging Is a Mistake--Learn How to
Avoid It (Never Be)**



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Ray Francis' first reserve, *Never Be Sick Again*, helped a large number of people put their "incurable" Botox treatments, plastic surgery, and also hormone-replacement therapies don't. Today Francis brings his groundbreaking approach to anyone who would like to enjoy robust health and fitness and reverse accelerated aging. Fortunately, the body is usually a self-repairing program, and in this most recent book, Francis shows visitors how to stay static in good repair and keep the aging process away. As Francis explains, just like an automobile, the body ages because of accumulated repair deficits, or a lack of maintenance. His revolutionary strategy counters the one-size-fits-all approach of all conventional anti-aging treatments in the marketplace by targeting specific imbalances that manifest through "aging" also, sometimes these treatments substance the problem by introducing additional toxins in to the body.yield meaningful results because they neglect to activate the body's self-repair mechanisms; diseases into remission and enabled thousands more to shed unwanted weight, improve their cholesterol profiles, and obtain peak immunity from disease.symptoms. *Never Feel Old Again* provides a fundamental knowledge of why we encounter accelerated ageing and teaches visitors to look and feel their best and be healthy at any age group.



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Also, he will not advocate processed foods of any kind. These books have so much good details in them and the basis for the knowledge is backed up by science or genuine living. And, like others, he had to figure out what was heading on with himself and what to do about it. In the end, we can't reside in a plastic bubble. But he understands whereof he speaks, so it behooves us to listen to him. We've heard lots of this before. Mr. Francis takes this to a level that everyone can understand and benefit from. Surprisingly, he's not really a vegan. Good information This book is a superb resource for health and longevity. Even Better Than His First Book This is one of the great ones. His personal tale as well is inspiring and should give anyone that's suffering from an ailment that there's hope for healing in case you have the best information and then apply it. I suppose he didn't experience it bore repetition, though I have to say it really is one hell of a story. He literally experienced hell when he had his own wellness crisis. Like the first book, he may be a bit over the top for some folks with his take on environmental toxins. It's one of the biggest healing stories I've ever read. Don't pass up upon this health masterpiece or, for that matter, his first book either. You might hardly ever be the same. A Must Go through for Any age I have go through 2 other books by Raymond Francis and have made many healthy adjustments in my habits. It's better still than Never Be Sick Again, which I thought was a health masterpiece. Best of em most. Another grand slam. Love Raymond Francis! Right, to the point, easy to read. It has the ideal amount of science to support the information without crossing my eyes in confusion. It's the best book on the subject of health and essential read. Keeping it basic makes health and wellness possible Much like his other books, Raymond Francis simplifies how to maintain or regain health if you have lost it. Where contemporary medicine's description of disease is complicated and complicated, Mr. Francis just does it so much better than numerous others. He has here overlooked his personal tale, which he gave in the initial book. lissened him in youtube Very good book Five Stars great writer and scientist Never Feel Old Again: Aging Is a Mistake-Learn How to Avoid It I enjoy what sort of author used language that was easily understood and brought to the reader a method to slow down aging by the food choices one makes. RAYMOND FRANCIS BOOKS GoodEye openingNice clear summariesPointers are clearRevelationary insights in vitamins, products, vaccinations and Big 4 Food which are rare Light Years Ahead of "Modern" Medicine! This guy speaks " in my own vocabulary". He does eat some meat, though he advocates consuming smaller portions of free-range, no-antibiotic animal products.



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