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10 Years Younger: 21 Surprising Techniques To Turn Back Time



Synopsis

Imagine feeling and looking youthful, vital and 10 years younger. 48 year-old Kylie knows a thing or two about the secret elixir of youth...Based on years of personal research, client feedback & experimentation, best-selling author, naturopath and health coach Kylie Ansett answers the question; What is the secret to looking and feeling younger? You will learn:

- How to have whiter teeth without using chemicals
- How to firm and tone your face for free
- How to wake early feeling refreshed and energized every day
- How to have the energy of a 25 year old without taking a single supplement
- A simple technique to de-stress daily
- Detox methods that will take years off your face and decades off your body
- And much, much more!
- BONUS: A 21 Day Challenge Schedule

Do you ever hear yourself making the excuse: "I'm too old for that!"? Do you look in the mirror some days and not recognise who is looking back? Other days you feel just as old as you look. Every day there are more grey hairs. And wrinkles. You don't have as much energy. You're not as bendy as you used to be. Skin that used to be firm is, well, less firm. Make-up doesn't go on like it used to. Chemical and surgical treatments seem so drastic. Peels. Injectables. Radical facial procedures that claim to work miracles. You've thought about them. You may have even tried a few. But they aren't cheap. They hurt! And they don't even make that much difference. And you have to be careful - we've all seen those people who didn't know when to stop! Is there another way? A way to get that confident swagger you have when you feel fantastic. When you know you look a million bucks? Can you recapture the energy, the vitality and the health of your younger days? Can you start looking younger instead of older every day? Is there a way to turn back time? Discover the secret elixir of youth. From whiter teeth to firmer skin. From sweeter breath to a more toned vagina. Looking and feeling ten years younger is possible. You will discover some surprising and unusual techniques. They are easy to do and they get results fast. You may even rethink how you have been doing things all your life. You will notice a difference in how you feel and how you look. It's time to get back your swagger!

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Customer Reviews

If you are looking for a compilation of practical and natural things you can do at home to make yourself look and feel better, you'll benefit from this book. Reading it made me feel hopeful and excited that there are many things I can do (without spending a lot of time or money) to improve the quality of my life. My favorite topics were Dry Body Brushing, Green Smoothies, Salt Brine Deodorant, and Oil Pulling. I'm already a fan of coconut oil, so I'm going to try oil pulling and see if it will help combat tea stains on my teeth.

I'm totally blown away by the info in this book! I consider myself a healthy person, and some of these techniques I have heard of, and a few I do. But I did not realise what a massive difference they can make to your health and your body. The author has a great writing style which makes the book fast to read, and the information easy to understand and apply. I found myself nodding along throughout the book-omg that's me, that's what I do! Best of all the methods she talks about are not hard to do, they don't cost a fortune and they are genuinely good for you! Absolutely love this book and can't wait to start implementing the actions and seeing results for myself!

The thing I like about this book is the simplicity it offers. You don't need expensive equipment or creams to get results. The tips the author offers are simple and fun and easy to do. Also, the book is written in a chatty style that is easy to follow. The chapters are short and sweet! A great handbook for any woman that wants to look younger!

Fascinated! I am fascinated and excited to start implementing some of the marvelous suggestions in

Ms. Ansett's book. Healthy alternatives to modern day products - all safe, effective and cheap! This book was simple, fun, on point with issue after issue we face as we age-- and what easy little tricks are available to knock off a few years without expensive creams, foods or gym equipment. The concept is holistic addressing not only physical tricks to look younger, but the importance of attitude in how we look! A truth I believe 100%. Thank you Ms Ansett for your work!

Absolutely brilliant! This book is not what you think, it is way-way better than that. I knew about many, if not most techniques, but never before have I seen these put together so eloquently and succinctly. Kylie explains why and how and when. Must read for anyone who has an interest in health and looking good for as long as you possibly can. Must have reference guide. Without a doubt; TEN stars!

Awesome tips - I've used the vast majority of them at one time or another during my life and they work. Same with my parents, which is where I learned a lot of them from. I'm frequently mistaken for being younger than I am and my parents (both in their 70s now) are the same - especially when they're off skiing, scuba diving, hiking or generally running circles around everyone they meet.

Most of the tips were not new, however I liked that I can easily incorporate some of the suggestions into my life without spending much time or money. She suggests readers pick out what would be of personal benefit without the expectation of all or nothing. She did not maintain the same format towards the end of the book and got off track by her interjection of moral beliefs important to the author.

As we get older, we always look for a way to slow down time, at least when it comes to our appearance. We want to have that younger look with the wisdom we've learned over the years. Well, this book covers everything, and I do mean everything. From skin to the mind and from the body to the face, Ms. Ansett details the easy steps anyone can use to slow down time and even turn back the clock a bit. I am using her techniques as we speak and loving the results.

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10 Years Younger: Fast And Effortless Anti-aging Tactics 10,000 Steps: Walking for Weight Loss, Walking for Health: A Turn by Turn Roadmap (Weight Loss Series) Natural Back Pain Solutions: Relieve Back Pain Fast, Heal a Herniated Disc, and Avoid Back Surgery EROTICA: OLDER MAN INNOCENT YOUNGER WOMAN ROMANCE SEX STORIES BUNDLE (Taboo First Time Big Alpha Male Adult Erotic Books): Young Inexperienced Girl and ... by First Time Lust Fantasies Book 2) Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time Never Turn Back: The Life of Whitewater Pioneer Walt Blackadar Look Younger, Live Longer: Add 25 to 50 Years to Your Life, Naturally The Age Fix: A Leading Plastic Surgeon Reveals How to Really Look 10 Years Younger Young For Life: The Easy No-Diet, No-Sweat Plan to Look and Feel 10 Years Younger How Not to Look Old: Fast and Effortless Ways to Look 10 Years Younger, 10 Pounds Lighter, 10 Times Better Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets 7 Years Younger Instant Makeovers: The Quick & Easy Anti-Aging Plan for Beautiful Skin, Hair, Mind & Body 7 Years Younger: The Revolutionary 7-Week Anti-Aging Plan Posture, Get It Straight! Look Ten Years Younger, Ten Pounds Thinner and Feel Better Than Ever Anti Inflammatory Diet: The Ultimate Guide to Looking 10 Years Younger, Having More Energy and Less Pain (Diet Therapy Diet Therapy Guide, Diabetes 101, Diabetes Guide,) Turn-of-the-Century Fashion Patterns and Tailoring Techniques

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