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Look Younger, Live Longer: 10 Steps to Reverse Aging and Live a Vibrant Life

Francisco Contreras MD

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Are you a baby boomer facing the hard facts of aging in your own life? Or are you young and determined to stay that way for as long as possible? Genesis 6:3 suggests that God set the human life span at one hundred twenty years. Breakthrough scientific research has unlocked many of the secrets of aging, proving the biblical age limitation to be correct.

Dr. Francisco Contreras offers proven research that will improve your health—and perhaps reverse any illness or disease once and for all. According to Dr. Contreras, you have the power right now to greatly increase your life span and to feel better and look younger.

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