



Foods, Herbs and Pharmaceuticals that Extend Lifespan: A Summary Of Over 200 Research Studies Proven To Lengthen Lifespan

Mr. Scott Rauvers

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The previous 20 years has seen more research into foods, herbs and substances that extend lifespan than at any other time in history. Just recently most of this information has been made available. Explore for yourself how it all connects together in this outstanding publication. Many people think that longevity foods taste bitter or are unpopular; this couldn't be further from the truth. Learn for yourself why dark chocolate contains high levels of antioxidants, why honey is one of nature's most powerful antibiotics and much more. It also includes a special chapter on how to make your own Stem Cell Building Formulas.

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