



Anti-Aging Nutrition Secrets, The Fountain of Youth Seekers Guide to Longevity

Scott Rauvers

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The first 3 chapters are available for free reading at:
<http://www.ez3dbiz.com/longevity.html>

This book puts into a simple format the main elements of healing and longevity used for thousands of years by millions of people with success and combines them into a simplified format. It thoroughly explores the ancient and historical Chinese science known as the 12 Earthly Branches and 10 Heavenly Stems, where powerful conduits of energy flowing from the constellations affect regions of our body and consciousness, which we can use for rapid anti-aging. We also list alternatives to open heart surgery, and the amazing 100% malaria cure, covered in our earlier edition, that costs just pennies.

We also especially look into some of the very best exercises, herbs and routines that keep bones flexible and strong, well past 70 years of age. We also have finalized the very best Pneumonia cures ever found, by using herbs recovered from ancient texts to Dr. J.H. Tilden of Denver, Colorado by examining the dietary formula he discovered. We especially examine the remarkable healing abilities of the Tibetan Tormas, used in many healing cases where all other forms of healing have failed.

This book has been designed to be the last book on anti-aging and longevity ever written. Written by master herbalist Scott Rauvers, author of 5 books on Longevity and Wellness, it details the very best exercises, herbs and routines that making life beyond 100 not only rewarding and enjoyable, but now entirely possible.

Number of Total Pages: 597

Here are a few random chapters:

Chapter 1. What is Qi Gong and How Does It Work?, The Taoist Physician Hua To.

Chapter 2. The Art of Longevity through Tao. The Energy of Vivaxis.

Chapter 3. Table of The 12 Earthy Branches, The Earthly Stems, The Showering Gems Technique.

Chapter 7. Proven Methods to Rebuild Bone and Tendons Using Herb. Chinese Herbs that Build Bone and Tendons, The Miracle of Bagua Zhang.

Chapter 10. The Sardinian Lifestyle, The Greek Ikarian Lifestyle.

Chapter 14. The Polaris Writings, The Cygnus Constellation and the Swan.

Chapter 21. The Epic of Gilgamesh Tablet #1.

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Chapter 27. QI Flow Variation According to the Seasons and time of day, Moon Cycles and seasons, Planetary QI Gong, the 5 Thrusting Channels.

Chapter 28. How Vegetarians Accumulate Excessive Yin Energy.

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Chapter 73. Use of the Materia Medica of Medicine.

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Chapter 95. The Remarkable Healing Powers of A

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