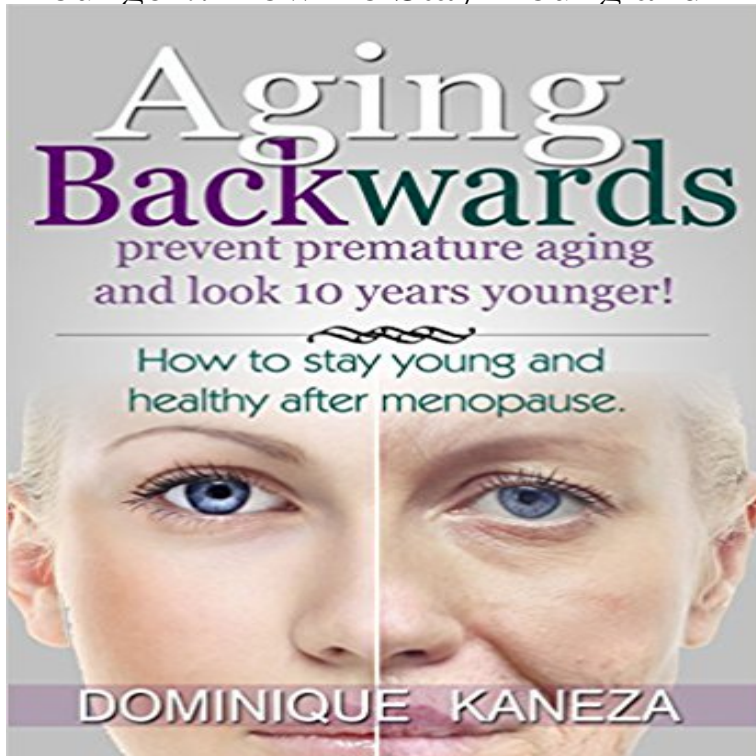


AGING BACKWARDS: Prevent Premature Aging and Look 10 Years Younger!: How To Stay Young and Healthy After Menopause



Menopause is a life-changing moment in every woman's life. After reaching this stage, our body begins to lose some of its functions one by one. For this reason, some women label menopause as one of the worst nightmares of their life. This can be true, but only if we do nothing about it. The main objective of this book is to teach you how to make the best out of your menopause. In this book, you will learn about premature aging, which is the most common symptom of menopause. You will learn things that cause premature aging and what exactly you can do to avoid premature aging through exercises, healthy diet, natural healing methods and simple changes on your appearance. You will learn how to bring out your natural beauty and live a happy and healthier life after menopause. You will also get 20 easy and creative tips to look 10 years younger using make-up, a new wardrobe and natural products. This will help you to eliminate any wrinkle, creases, crow's feet, and any other thing that may be covering your natural beauty. All those pretty smiles, gorgeous hairstyles, and beautiful makeup will transform your life from the ordinary one to the most amazing life after menopause. At the end of this book, you will find some frequently asked questions about menopause. After reading this book you will be more than ready to begin your wonderful life after menopause and start aging backwards.

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