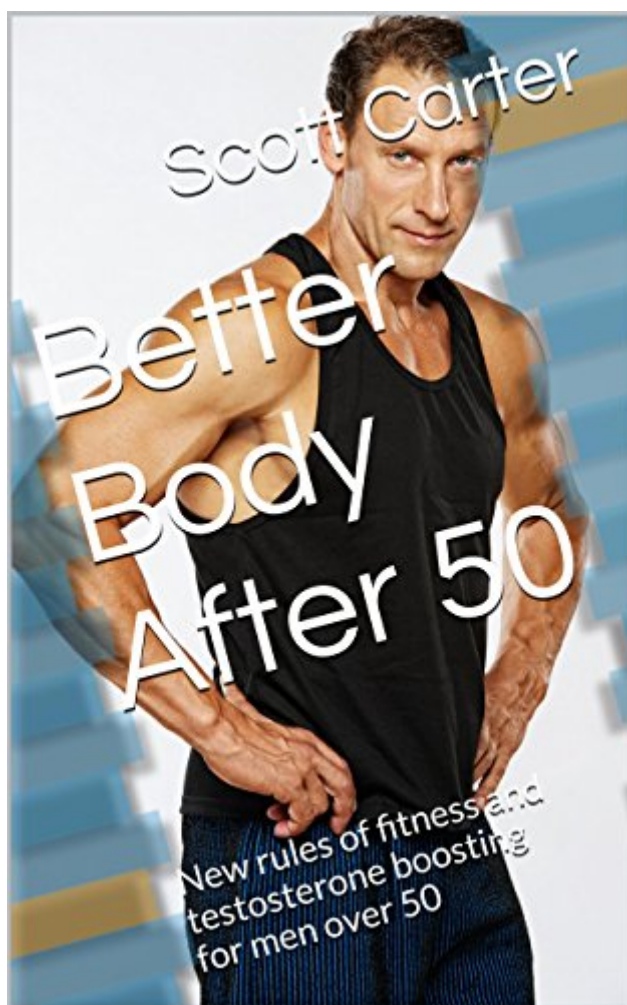


The book was found

Better Body After 50: New Rules Of Fitness And Natural Testosterone Boosting For Men Over 50



Synopsis

Men over 50, don't accept the aging process as normal! The key to getting a better body after 50 is not the latest weight loss fad. It's not an exercise program. And it's definitely not a drug. In a society where looking young and fit is a way of life, it's no surprise that more and more baby boomers go way beyond basic aerobics and running on treadmills to get fit after 50. But stop beating your head against the wall trying to lose weight, look younger, and boost your low libido. Better Body After 50 shows you the new rules of fitness. The plans are centered on combinations of natural supplements, all available at health food stores or online to boost hormones naturally, burn fat, increase your energy and peak your testosterone. Every man is different and results will be specific to you. For some men, one supplement may make all the difference. For others, a combination may be needed. I found what works for me and Better Body After 50 will help you find what works for you. Don't risk testosterone replacement therapy until you try this. Read Better Body After 50 today!

Book Information

File Size: 1296 KB

Print Length: 46 pages

Publication Date: January 6, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00AXSHZKW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #756,916 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #101

in Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style #121 in Books >

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Customer Reviews

This book is all about supplements and had no value in terms of working out routines and best ways to get results in terms of the workouts.

Thought it was a book about muscle training and healthy eating but it is about taking supplements and playing with hormones.

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