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Transforming Health Archives Available February 16th 2011:8 Steps to Aging Younger

Find out how you can age younger with simple, proven steps that you can incorporate into your daily regime starting immediately. Today's guest is the author of Collapse of Drugs due to wellness and he is going to share his 8 Steps to Aging Younger. Which include: Improving the immune system; Improving the lymphatic system; Improving your cardio vascular health; Detoxifying your body; Balancing your hormones & endocrine system; Improving your hydration level in the body; Improving your skin elasticity and lastly: Reducing your dependence of synthetics.

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Featured Guest



David Tippie

David Tippie is a Nature-O-Path as well as a medical and natural to the body researcher for the past 30 years. David opened his research and development center in Tamarac Florida in 2001; his wife Stephanie joined him in 2003. David Tippie is the Author of Collapse of Drugs, due to wellness and President of the Anti-Aging Clinic Assoc. Inc. David Tippie attended the school of passion for the past 30-years and has lived his passion for equally as long. Health and wellness is not offered by any professor in some school. Because David may have sit in front of a professor in his past life, this does not give the professor the right to take a bow for David's studies, which his research and his

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