



## Anti Aging Secret of the Animals - Learn the Simple Somatic Movements That Can Cure Back Pain, Restore Your Flexibility and Rejuvenate Your Body to Its Natural, Youthful State Today

By Anthony Anholt

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 70 pages. Dimensions: 8.8in. x 5.9in. x 0.3in. Discover The Anti-Aging And Rejuvenation Secret Of The Animals! From seniors looking to regain their youthful vitality to athletes looking to decrease their recovery time, animal based somatic movements can help you. Most people would agree that their bodies were at their best when they were young. Anything you wanted to do you simply did without giving it a second thought. Run, jump, and recover from any sport almost instantly. It was almost like you had a superpower that you didn't really appreciate. Didn't appreciate, that is, until you started to lose it. For most of us as soon as we hit our mid twenties we get our first inklings of age. After playing your favorite sport you likely discovered that you just stay sore that much longer. Your back, particularly your lower back, starts to ache and complain. As time passes these little aches and pains can accumulate until they are literally crippling. Our muscles can get so tight that just getting out of bed can be a chore and walking requires a cane. Most people just accept this...



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