

The

Vitality Connection

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and Jodi L. Jants

Five Practical
Steps to
Optimize Your
Health and
Reverse the
Aging Process

What's Inside

- Detailed instructions for achieving optimal health results
- Information to prevent common aging-related health issues and more
- Personalized coaching support



The Vitality Connection: Ten Practical Ways to Optimize Your Health and Reverse the Aging Process

Michael J. Grossman

The power Connection is the 1st entire easy-to-read future health and wellbeing e-book connecting ten key elements essential to expand and enhance one's caliber of life. From anti-aging, nutrition, and workout - to decreasing tension and growing loving r

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