

Natural Anti-Aging Methods

Improve your health capital to live in good shape.

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How to improve your health capital to live a longer life in good shape?

This book is co-written by a naturopath and a yoga teacher. It is very complete and gives the keys to a fulfilled life, at any age.

To preserve health means to have a **diet** bringing to the body everything it needs. **Physical activity** is also a necessity: walking, slow gym, yoga, are particularly adapted to stay in good shape without taking any risk. Readers will also have information on **memory, rest, and handling stress**.

Content:

I – What does aging mean?

II – Aging factors.

III – Improve your health capital thanks to food, physical exercises, work on memory, relaxation.

IV – Revitalization cure.

V – Illnesses linked to aging.

The Authors:

Anne-Victoria Fargepallet is a naturopath. She is the President of the Association for the promotion of vital hygiene and naturotherapy. She lives in Provence where she organises fasting sessions.

She is the author of *Fasting* and *24 hours with a Naturopath* published by Marie Claire Books.

Madira Sardancourt is a dancer, a choreographer and a yoga teacher.



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