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**Topic: Kick-butt Cellulite Redux - Not Weight Loss, Not A Gym Routine (voir Mobile)**

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5 Steps To Looking 10 Years Younger

By Steve & Becky Holman

Did you know that once you hit 40 years of age, whether you're a man or a woman, your body starts aging FASTER than normal? Studies have shown that without the proper nutrients and exercise, your body will age about 6 months EXTRA for every year that passes. Think about that! If you are 40, that means by the time you hit 44 you will LOOK and FEEL 48. And by the time you reach 60, you will LOOK and FEEL 70 YEARS OLD! We see this every day... just look around you.

Did you know that 90% of people over the age of 35 lose enough muscle every year to burn off an additional 4 pounds of body fat? That means you not only lose the only thing on your body that creates shape, tone, and strength--you also gain more fat every year, even if your calories stay the same.

Did you know that all of this is reversible at any age? That there are specific ways to move, eat, and think that tell your brain to STOP this rapid aging process... and even SLOW IT DOWN to the point where you're aging less than a year for every year? That means you can look younger at 40 than you do at 35... or if you're like Becky and I, younger at 50+ than we did at 40!

This is not fantasy talk. This does not require a boatload of anti-aging drugs, supplements, or gimmicks. And, this works for anyone, male or female, and works at any age. 35, 45, 55, 65, 75... you name it. The biology is exactly the same.

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