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~~Younger: The Breakthrough Anti-Aging Method for Radiant ...~~

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Younger: The Breakthrough Anti-Aging Method for Radiant Skin also discusses everything from managing skin conditions like sensitive skin, rosacea, and acne to discussing client success stories to how your lifestyle affects your skin. Diet and exercise, stress management, and surrounding yourself with support impacts your skin more than you know. Dr. Lancer provides a list of exercise, diet, and stress-management strategies to make the most of an anti-aging skincare regimen that goes beyond ...

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~~Life extension—Wikipedia~~

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