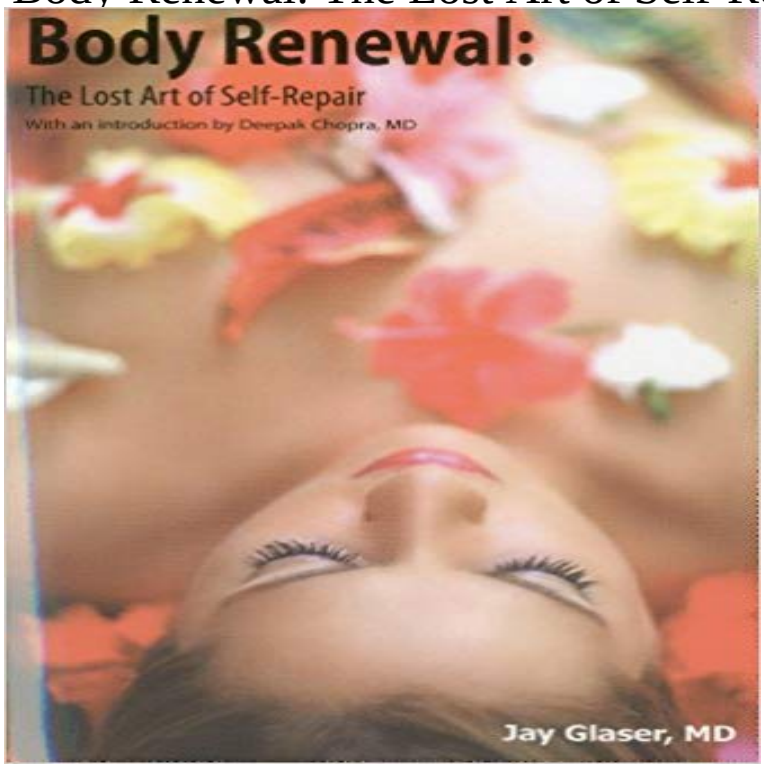
Body Renewal: The Lost Art of Self-Repair



Body Renewal: The Lost Art of Self-Repair presents a comprehensive natural solution to chronic disorders including aging itself. Jay Glaser provides the tools, the motivation, and a simple step-by-step guide to the prevention and repair of the persistent disorders nearly everyone gets. In these pages you will be guided on a colorful, humorous, lyrical, but no-nonsense adventure in the self-repair of chronic problems.

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