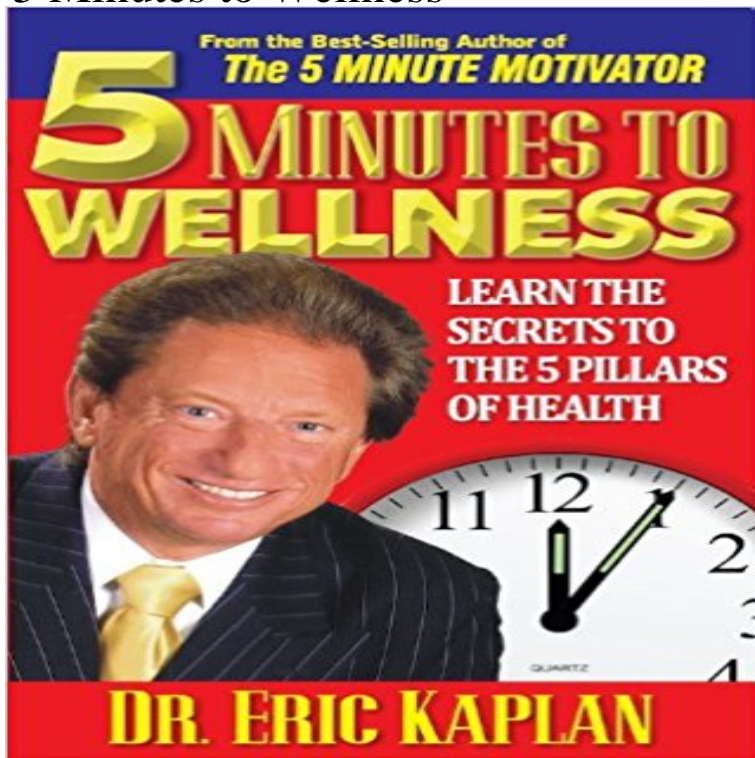


5 Minutes to Wellness



In this book you will be armed throughout your journey with Pillar Power. Your quest will take you on a journey of 25 chapters that literally will change your health and your life in less than 5 minutes per day. There are people, scientists, changing the world one cell at a time and much of their research is contained herein. If you've never heard of things like telomeres and other health-related scientific discoveries, these reports will excite you and take you to the forefront of modern alternative health care.

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