

# THE METABOLIC Anti-Ageing PLAN

*HOW TO STAY YOUNGER FOR LONGER*

- ✓ *Slow the ageing process*
- ✓ *Increase your strength, stamina and immunity*
- ✓ *Reduce fat and combat cardiovascular disease*
- ✓ *Enhance your memory and vitality*

STEPHEN CHERNISKE MSc

# Metabolic Anti Ageing Plan

**Chao Zhang**



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