

The book cover features a photograph of an elderly couple sitting on a wooden bench outdoors. The woman is leaning back, and the man is sitting upright. A dog is lying on the grass in the foreground. The background shows a rocky landscape with a waterfall.

Bottom Line's
ULTIMATE
Antiaging
SECRETS

Everything You
Need to Know to Stay
Healthier Longer

With Recipes by
Linda Gassonheimer

Ultimate Antiaging Secrets

Terry C. Jones



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