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Simple Ways to Improve Blood Circulation: The Benefits of Improving Blood Circulation for a Healthy Life (Paperback)

By Alan To

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Every human body is coursing with the serum of life; Blood. Without it, essentially none of our bodily functions or organs would work. Without it, we would not exist. Blood delivers vital nutrients, oxygen, hormones, and sugars to our cells. Blood plays an important role in how our bodies look, function, and heal. Proper blood circulation dictates what kind of appearance we have, which could affect opportunities in life such as job opportunities, promotions, finding partners, and even how you are treated by the general public. Poor blood circulation also impacts multiple metabolic and cardiovascular functions throughout your whole body. Some people look very old at the age of 30, while some people look very young at the age of 40 or even 50. The difference is that the people who have youthful appearance live a healthy life and proper blood circulation is a must. This book will take you through the various ways proper blood circulation plays a crucial role in your life, and why it is important to maintain your cardiovascular system for proper blood circulation. The benefits...



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