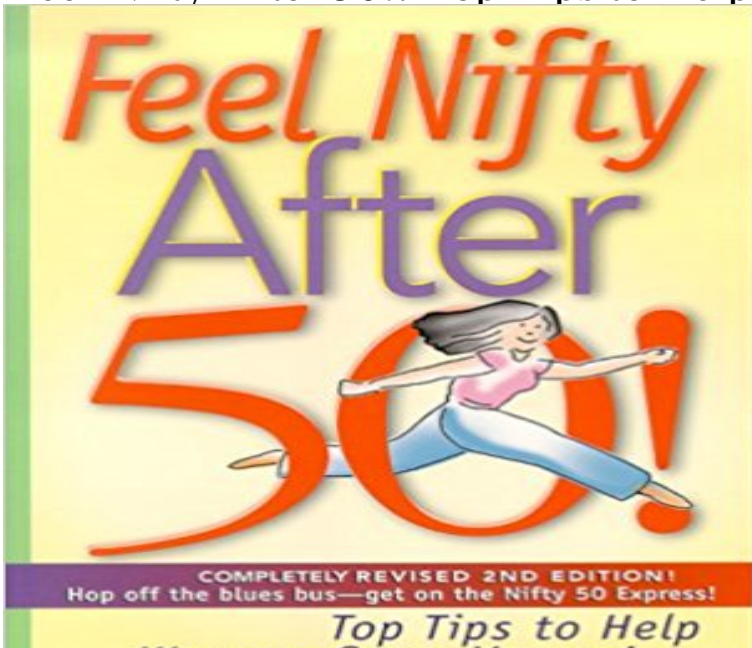


# Feel Nifty After 50!: Top Tips to Help Women Grow Young!



We are lucky to be living in the first century that defines ageless living. NIFTY gives a step-by-step approach to do this mentally, physically and creatively. Specifically, the easiest ways to eat healthy, stay fit (and why this prevents and controls diseases connected with aging), how to retain the youthful attitude (what to guard against) and how to look like the vital women we are.

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