



**DEFYING THE LAWS OF AGING
DVD /AUTO BOOK
BY LILI ZIN ... (Shin)**



LiLi's Mission at 56. . .

Is to share with the world simple techniques that basically cost you nothing just my using a few simple things you already have around the house and simple exercise that are good for the body, the heart and your spiritual will being.

Facial Bath... tightens the skin and closes the pores

The Hand Bath... your hands will feel younger and look younger

Foot Care... basic health techniques

Health Meal Secrets... curb your appetite/lose weight while you sleep.

Freedom Exercise... improve circulation in your body.

The Body Twist... back & body Support

Positive Sleeping... best position for sleeping, Benefiting the Heart.

The Secrets to Body Recovery... secrets to recovering the body from cold temperature.

Your DVD includes:

“TESTIMONIALS” given by those who have followed LiLi's regimen and have felt and seen the results.

To order your DVD ... “DEFYING THE LAWS OF AGING

Cost: \$12.99 plus shipping.

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