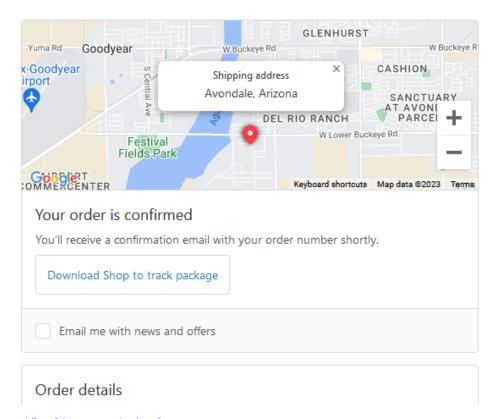
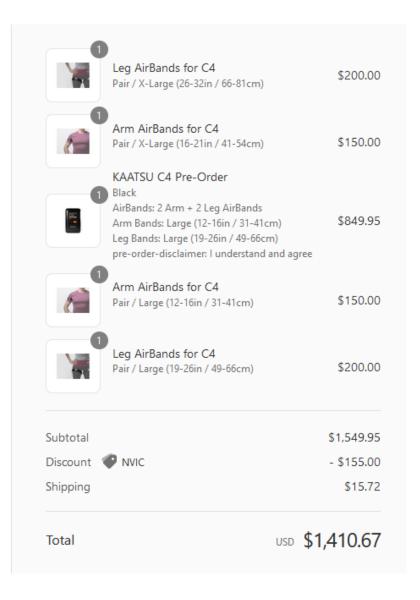
KAATSU







http://buckingv.com/aging.htm

• How to Optimize Health and Strength — Even if You're Over 60: http://buckingv.com/documents/how-to-optimize-health-and-strength-over-60-mercola.pdf Age Is Just a Number. KAATSU is the best Blood Flow Restriction (BFR) training — a proven pathway to muscular health; an ideal strategy for anyone starting out, and especially older individuals who want to avoid injury while building muscle mass and strength, this simple yet unique type of strength training can yield fast results and prevent age-related muscle decline, which can lead to frailty and premature death. This article has Mercola's discount links to his 2 favorite models offered (with no EMPs).

https://fitness.mercola.com/fitness-plan/pre-workout/getting-started.aspx

video (01:02:55) Dr. Marcos de Andrade interviews Dr. Mercola; The best strategies to optimize health and strength bitchute.com/video/5eVxwNMFrglP/video (01:15) arm wrestle, age 69 vs 38 ~ bitchute.com/video/3bm07fRPtHvj/video (43:20) How BFR Training may help maintain muscle mass as you age ~ bitchute.com/video/55zivNYBbtl8/