



## **LBs: Lean Body Solutions**

*Jason Shea*

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Does the human metabolism automatically slow down as we age? Lean Body Solutions is a 309 page guide to many of the physiological factors that affect our ability to lose fat as we age. Includes: Sample food choices and diets for getting lean Numerous training templates for strength, hypertrophy, body composition and more Chapters on 2-a-day training, hormonal balance, how toxicity affects your fat loss goals, the importance of PH balance, vitamin and mineral deficiencies, and much, much more... Also includes in depth exercise tutorial and description.

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