

Rejuvenation - Restoration - Turn Back the Clock to a Younger, Healthier You

For as long as I can remember, I have always had a perfectly healthy, agile, flexible and the firm body that I had in my twenties. And this is so.

I have always been blessed with the youthful, flawless, and taut skin that glows with the vitality that I had in my twenties. And this is so.

The skin around my eyes has always been firm and taut, exactly like when I was in my twenties. The musculature that supports my face has always been as firm and taut as it was in my youth. And this is so.

As far back as I can recall, I have always maintained an agile and flexible body like in my twenties. And this is so.

As far back as I can remember, my body has been able to regenerate and restore it's collagen and elasticity of my skin, joints and all of my organs.

My organs have always functioned in perfect, optimal health. My body has always easily rejuvenated and restored any cells that require replacement. And this is so.

My telomeres have always been long and as perfect as the day I was born. My DNA has always been as perfect as it was at the time of my birth. And this is so.

I have always been grateful for my body's ability to rejuvenate and revitalize itself.

I have always been filled with boundless energy and vitality that fuels my day-to-day activities just like when I was in my twenties. And this is so.

I have always been blessed with perfect DNA, radiant health and the vital energy that effortlessly maintains an ageless body. And this is so.

My body and mind have the wisdom to activate the ageless gene within me, restoring my body to perfect health and youth. And this is so.

For as long as I can remember, I have always been full of energy and vitality just like when I was in my twenties. And this is so.

I have always had a body in the peak of it's youth. And this is so.



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As far back as I can recall, I have always had a body only twenty something years old. Complete with the weight, flexibility, vitality and musculature of that bodily age.

I have always been grateful for my body's natural ability to regenerate and renew itself to the peak of health. And this is so.

For as long as I can remember, I have always had a body that rejuvenates and maintains itself at it's peak of health. And this is so.

I have always been filled with a sense of youthful exuberance that energizes me every day. And this is so.

As far back as I can recall, I have always appreciated how youthful, taut and flawless my face is. And this is so.

For as long as I can remember, I have always believed in my body's ability to regenerate my DNA to it's perfect and natural state and my telomeres to their original length, restoring my body to the perfectly healthy condition of it's youth.

As far back as I can recall, I have always been ageless, because I have always believed in my body's ability to regenerate and restore itself to its perfect health condition of my youth.

I have always been surrounded by experiences that nurture and enhance my youthful energy and vitality.

For as long as I can remember, I have always had a body that is as vibrant, strong, agile and youthful as I was in my 20's.

I have always been filled with an abundance of vitality and vibrancy that keeps me young in body and spirit.

For as long as I can remember, I have always enjoyed perfect vision and hearing that allows me to see and hear the beauty in every moment.

I have always been blessed with my natural hair color that shines with youthful vibrancy and health.



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As far back as I can recall, I have always maintained excellent physical health that rivals that of my twenties.

I have always been grateful for my body's ability to regenerate, maintaining perfect vision, excellent hearing, vibrant natural hair color and optimal health of my body, in it's 20's.

For as long as I can remember, I have always possessed the vision of a hawk, seeing clearly and sharply. I have excellent night vision.

I have always been surrounded by an aura of youthful vitality that keeps my hair naturally radiant.

As far back as I can recall, I have always been in peak physical condition, feeling as strong and resilient as I was in my 20's.

I have always been filled with gratitude for my body's ability to regenerate, maintaining the flawless skin, perfect vision and the vibrant natural hair color of my 20's.

For as long as I can remember, I have always had the privilege of enjoying excellent hearing, perfect eyesight and the lustrous natural hair color and shine of my body in it's 20's.

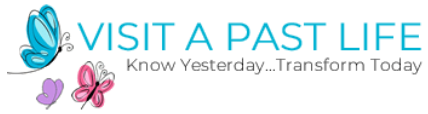
I have always been blessed with a body that effortlessly regenerates and maintains its youthful vitality and radiant health of my 20's.

As far back as I can recall, I have always known that my body can heal itself so it keeps my vision sharp, my hearing perfectly attuned and restores the natural hair color of my body in it's 20's.

I have always been aware of my self-talk that supports and promotes my perfect hearing and vision, the natural hair color of my youth, and vibrant health.

For as long as I can remember, I have always appreciated the agelessness of my flawless, taut skin, excellent eyesight and hearing.

I have always known and accepted that my body has the ability to restore and maintain itself in optimal health.



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I have always been grateful for my body's innate ability to restore and regenerate, maintaining the optimal health, vitality, and beauty of my twenties.

As far back as I can recall, I have always embodied an innate ability to regenerate my cells, having the perfect health, sharp vision, taut, flawless skin, acute hearing and the radiant health of my body in its twenties.