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Recommended by my massage therapist, this book details superstar athlete Tom Brady's holistic approach to maintaining optimum health and fitness as we age. TB12 Method includes pliability training, resistance band workouts, the importance of hydration, whole foods nutrition, even brain challenges.

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TB12; Tom Brady; Directions. Place the onion, garlic, salt, spices, juice, and chilies in a bowl. Zest citrus into mix, and mix well.

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