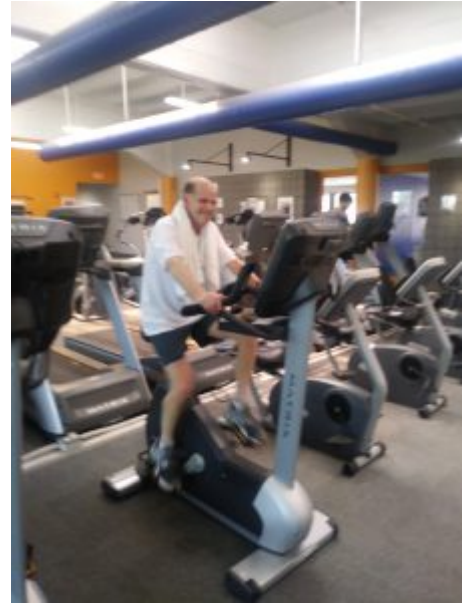


# YOU ARE NOT TOO OLD

First I must get this off of my chest...  
YOU ARE NOT TOO OLD.



Let me say this again ...YOU ARE NOT TOO OLD to live a healthy, beautiful, happy, and quality life.

I have, and do, get extremely upset when I hear people that are 50 years old or older, making comments about how life is going downhill because of their age, and how they cant do what they used to do.

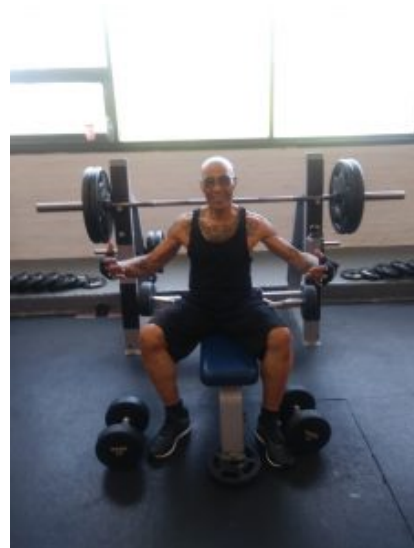
My friends, my friends... IT DOES NOT HAVE TO BE THIS WAY.

Your body is like a car. You must keep oil and gas in your car, just as you must put the right foods and nutrition in your body. You must keep good brakes and tires on your car, as you must keep up the maintenance on your body.

I know that you have probably heard some of this before, however I am going to say it again. you must eat the right foods, you must exercise, and you must try to stay away from stressful situations and negative people. You must invest in vitamins and supplements. If you do this you can be healthy, youthful looking and feeling great.

Now, my friends, I'm going to share something with you. I walk

or run three and a half to 6 miles every day. I lift weights 5 days a week, i don't have a six pack I have a 8 pack. I am now in the best condition that I have been in my whole life. My body is not going downhill, it is going uphill.



Paul Earl Richardson

Are you ready? I AM 66 AND I CAN DO ALMOST ANYTHING THAT A 30 YEAR OLD CAN DO.

I WANT THE SAME FOR YOU

TODAY I PROMISE YOU THAT I WILL DO ALL THAT I CAN TO GET ALL OF THE RIGHT INFORMATION FOR YOU.

WE WILL HAVE INTERVIEWS WITH THE EXPERT WE WILL ONLY RECOMMEND THE RIGHT PRODUCTS THAT WILL DO THE JOB.

AND WHATEVER ELSE THAT I CAN COME UP WITH TO PUT YOU ON THE ROAD TO FEELING GOOD, LOOKING GOOD, WITH A LONGER QUALITY LIFE.

HUMBLY

E, Richardson