



# 7 SECRETS TO LONGEVITY

From Dr. David Sinclair

BRAINFLOW.CO

# Longevity Secrets Quick Start

**Roger S. Crutchfield**

## Longevity Secrets Quick Start:

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foods contain AGEs advanced glycation end products which are naturally occurring toxins Numerous studies have shown that a buildup of AGEs accelerates the body's aging process Over time by increasing oxidation and free radicals hardening tissue and creating chronic inflammation AGEs lead to a host of chronic diseases By knowing how to lower your AGE consumption you can lead a longer healthier life Here is an easy to use guide to understanding AGEs and identifying those foods that have the least AGEs and those that have the most so that you can make smart dietary decisions

*Operation & Maintenance*  
,1913 *Bursting with Energy* Frank Shallenberger,2022-03-29 This book could change your life If you apply it it will

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*Farm Journal*  
,1915 **Live Well to 101** Dawn Harper,2018-03-22 In Live Well to 101 Dr Dawn Harper from Channel 4's Embarrassing

Bodies urges you to start investing in your health now to improve your chances of enjoying your latter years to the full This book is for anyone who enjoyed and learnt from The Longevity Book by Cameron Diaz or The Optimum Nutrition Bible by Patrick Holford We are living longer than ever before So it's more important than ever that we take good care of our bodies and our health and enjoy those extra years by keeping fit and well for as long as possible Leading media medic Dr Dawn Harper has gathered together scientific research her eight years experience on Channel 4's Embarrassing Bodies and over twenty one years as a GP for the NHS and on Harley Street to give the latest advice on the diet exercise habits and lifestyle changes which have been clinically proven to improve longevity and quality of life If longevity is pre programmed in your genes is there anything you can do to change it Do people who have more sex live longer Does where you live make a difference What really makes up a healthy diet Is it worth paying for private healthcare or expensive medical scans What secrets can we learn from people who are living well to an older age Will getting a dog or cat add years to your life In this fascinating life changing book Dr Dawn gives you a variety of simple tips to help give yourself the best chance to live a long and happy life There are steps that we can all take starting now no matter what age we are each are

*The Farm Journal*  
,1915 *How to Keep Your Minivan Alive!* Mark Warner,Mark Warner,2004 Get the maximum life out of your minivan A

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