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BY DR. STEPHEN ELIAS, MD

Longevity Secrets:

Help Your Body Stay Young and Beautiful

The Complete Guide to Living

Your Youngest, Healthiest Life



Longevity Secrets 2026 Guide

Matt Kingsley

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with guidelines on diet exercise and nutritional supplements tips on avoiding such longevity threatening lifestyle choices as bad relationships stress and insomnia and advice on eliminating everyday toxins and promoting a positive attitude Original

National Library Service Cumulative Book Review Index, 1905-1974: Titles. [A-Z] National Library Service

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The Secrets of Longevity Lynne McTaggart,2004 Longevity Secrets Tammy Gallagher,2022-12-03

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The Complete Idiot's Guide to the Secrets of Longevity Kandeel Judge, M.D.,Karen K. Brees, Ph.D.,Maxine Barish-Wreden, M.D.,2008-11-04 Living life to the fullest now and later Modern life can be dangerous to one s health Things like burnout excess weight stress lack of sleep poor diet and pollutants can have a negative impact on the quality of life and ultimately one s healthspan Written by doctors The Complete Idiot s Guide to Secrets of Longevity provides a clear and easy path to unlocking the secrets to living healthier and looking younger Readers will learn about Diet exercise and supplementation The pitfalls of longevity threatening lifestyle choices involving bad relationships harried schedules and lack of sleep Insights into toxins from food cleaning products and cosmetics The incredible power of laughter optimism and a positive attitude

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