

# LONGEVITY SECRETS

**An Anti-aging Guide to  
Preventing Disease,  
Avoiding Memory Loss,  
Staying Active and  
Living Longer**

**Tammy Gallagher, FNLP**



# Longevity Secrets 2026 Guide

**Tammy Gallagher**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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