

# LONGEVITY SECRETS

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

**Tammy Gallagher, FNLP**



# 2026 Guide Longevity Secrets

**Maxwell Mason**



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American Book Publishing Record ,1999      Subject Index of Modern Books Acquired 1881/1900-. British Museum. Department of Printed Books,1944      *The Churchman* ,1955      *The Power Food Way* 2026 Ramses Santi,2025-09-07

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web physical description green mamba is considered as the smallest mambas in the world as the name implies this mamba has a bright and vibrant green color it has a slender body with scales that are laid just like paving stones against darker skins compared to its dorsal scales the scales on its belly is lighter

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web the eastern green mamba *dendroaspis angusticeps* is a highly venomous snake species of the mamba genus *dendroaspis* native to the coastal regions of southern east africa described by scottish surgeon and zoologist andrew smith in 1849 it has a slender build with a bright green back and green yellow ventral scales

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