

The 10 Secrets of Longevity

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Quick Start Longevity Secrets

**Jay P. Pederson, Taryn Benbow-
Pfalzgraf**



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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

Bursting with Energy Frank Shallenberger, 2022-03-29 This book could change your life If you apply it it will David Minkoff MD author of *The Search for the Perfect Protein* Feel younger as you get older Discover the groundbreaking methods in *Bursting with Energy* that improve your overall energy and health now updated and revised in this second edition Rejuvenate your energy production so you can live long and strong avoid disease and add quality years to your life Dr Shallenberger developed and patented Bio Energy Testing the first and only method to clinically measure how well our cells are extracting energy from oxygen In *Bursting with Energy* Dr Shallenberger reveals how you can measure and optimize your cellular energy production While most solutions are designed to help ease the symptoms of aging Dr Shallenberger's unique approach allows you to actually slow down the process keeping your energy production high at any age

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