

SECRETS of LONGEVITY

Hundreds
of Ways to
Live to Be
100

Dr. Maoshing Ni

The
Bestselling
Guide
Revised and
Expanded



2025 Edition Longevity Secrets

Jin-Ying Zhang

2025 Edition Longevity Secrets:

The Ageless Revolution Michael Aziz,2025-01-14 Described as a tour de force in anti aging bestselling author Dr Michael Aziz unlocks the secrets to longevity and disease prevention with a straightforward doable plan focusing on the ten hallmarks of aging to target your cells and turn back the clock The passage of time is inevitable but getting sick as you get older is not There was a major breakthrough in the world of antiaging in 2013 with the release of a landmark paper conceptualizing nine hallmarks of aging and their underlying mechanisms Gut health was recently added as the tenth point Now we know why get old and why the cells start to deteriorate and eventually die The Ageless Revolution zeroes in on these ten hallmarks of aging to turn back time with a variety of weapons that target the malfunctions in our cells mitochondria and DNA Here you will discover the secrets to prevention by losing weight reversing disease slowing the aging process and extending your lifespan Renowned internist and anti aging and regenerative physician Dr Michael Aziz offers professional insight into lifestyle changes hormone replacement weight loss tips supplements medications peptides treatments and procedures that can fight aging His approachable but informed guidance is nothing short of revolutionary the first book on the market to bring this bombshell information to the public You ll discover an innovative yet practical and easy to follow plan for how to look younger live longer and feel your best Dr Aziz s patients have this to say about The Ageless Revolution All these longevity books about eating right and exercise cannot compare to the information in The Ageless Revolution Steve N Dr Michael Aziz is a pioneer to treat his patients with this cutting edge knowledge and information Sam M At age fifty four I feel like I am twenty Tonie L I got a new lease on life with The Ageless Revolution Caroline B

Human Longevity From Antiquity to the Modern Lab ,1987-03-18 Product information not available **Forthcoming Books** Rose Arny,1994-02 Army and

Navy Register ,1928 **Longevity Secrets** Dr Jean R Nichols,2023-06-09 Are you curious about the secrets to living a long and healthy life Look no further than Longevity Secrets Unlocking the Science of Aging Well This informative and engaging book delves into the latest research on aging and longevity exploring the science behind what makes some people live longer and healthier lives than others From the benefits of a healthy diet and exercise to the role of genetics and lifestyle factors Longevity Secrets provides practical tips and insights for anyone looking to improve their chances of aging well With clear explanations and real world examples this book is a must read for anyone interested in maximizing their health and longevity Whether you re in your 20s or your 80s Longevity Secrets offers valuable advice for living a longer healthier and more fulfilling life So why wait Unlock the secrets to aging well today

Secrets of Longevity Maoshing Ni,2010 **Social Sciences Index** ,1995 Who's Who in the West Marquis Who's Who, LLC,2002-09

Longevity Secrets D. Gary Young,1999-07-01 **Harvard Magazine** ,1997 *8 Secrets of a Healthy 100* Des Cummings,Monica Reed,Todd Chobotar,2012-01-01 Secrets to Longevity Jean Pierre Marques,2019-05-02 Secrets to Longevity An Amazing Kind of Beauty was inspired by one of my clients and friends who lived a long life with gracefulness peace and love Together we

found the recipe to longevity Her name was Louise Currie Good my private client for over fifteen years She lived to be more than a hundred years young with a sharp mind a love for creativity and a sense of humor Even through the ups and downs of life she lived a full active happy life surrounded by family and friends till her departure from this world I wanted to use her story and others as well to inspire people to learn the real secrets of living a long healthy purposeful life In my fifty plus years of working with thousands of people on their physical mental and spiritual health many of them seniors even into their nineties I ve pondered what separates the ones I met in bad health and ready to give up on life versus the ones who were inspired to take time to improve their good health through their attitude exercise and eating making change for a healthier lifestyle and excited to wake up each day to live life to the fullest No matter your limitation situation or age you can take control of your life and how your later years will be In this book you will learn simple ways to keep you healthy and happy recipes for a healthy mind body and spirit how to turn the negative into positive the benefits of movement stretching and breath basic tips on nutrition Louise Currie Good s prescription for life has been captured by her life wellness teacher Jean Pierre Marques and shared with all of us in Secrets to Longevity An Amazing Kind of Beauty Jean Pierre was clearly instrumental in prolonging her inspiring life and their wisdom is more powerful than any pill at a pharmacy This book is a beautiful lesson on how to truly live your authentic life in a balanced way and a gift to all of us Michael Rocha MD Cardiologist Director New Bedford Wellness Initiative This book is a conversation between a master teacher and his student Louise Currie Good who was able to live a long and vibrant life for more than a hundred years Jean Pierre Marques shares the keys to a long healthy and fulfilling life through his deep understanding and practice of the Eastern and Western philosophies of wellness and longevity His wisdom and insights can help all of us to live our golden years with optimal health and happiness Jacques MoraMarco DAOM Doctor of Acupuncture Oriental Medicine OMD Lac Academic Dean Emperors College of Traditional Oriental Medicine Los Angeles California

The Longevity Blueprint Lilly Van Der Post,Jaxon

Frost,2025-01-16 Reactive Publishing The Longevity Blueprint Secrets of the World s Longest Living People What if the key to a longer healthier life is a blend of ancient traditions and cutting edge science In The Longevity Blueprint explore the fascinating habits diets and environments of the world s longest living people from Okinawa s centenarians to the mountain dwellers of Sardinia But this book doesn t stop at tradition It takes a leap into the future revealing the latest breakthroughs in anti aging science and biohacking so you can apply both timeless wisdom and modern innovation to your own life Inside this book you ll discover The five key habits shared by every longevity hotspot in the world How fasting cold exposure and stress can actually extend your life Breakthrough supplements and therapies from telomere research to NAD boosters The surprising role of mindset social connection and purpose in living longer A practical step by step blueprint to slow aging and optimize health Whether you re a wellness enthusiast a biohacker or simply someone who wants to live a longer more vibrant life The Longevity Blueprint offers actionable insights that can make your 80s feel like your 30s California ,1983

Planning a Purposeful Life ,2017

Okinawa Diet 2024-2025 Lisa Sharon,2024-09-20 Unlock the Secrets of the

World's Longest Living People Could a tiny Japanese island hold the key to a longer healthier life Imagine waking up each day brimming with energy shedding unwanted pounds effortlessly and knowing you're adding years to your life For the inhabitants of Okinawa this isn't a dream it's their daily reality Now you can harness this ancient wisdom for yourself Discover the Okinawa Advantage Uncover why Okinawans live up to 10 years longer than the average American Learn how to incorporate longevity boosting superfoods into your daily meals Master the art of *hara hachi bu* the 80% rule that keeps Okinawans slim and vibrant Transform your health with a practical easy to follow 4 week meal plan Okinawa Diet 2024-2025 isn't just another fad diet book It's your roadmap to vitality backed by centuries of real world results and cutting edge nutritional science Inside you'll find A deep dive into the Blue Zone phenomenon and why it matters for your health The secret weapon foods of Okinawa Hint It's not just green tea Expert tips on adapting ancient wisdom to modern life Mouthwatering recipes that make healthy eating a joy not a chore Strategies for sustainable weight loss without deprivation The surprising link between gut health and longevity But this book offers more than just diet advice Discover how the Okinawan approach to movement stress management and social connection can revolutionize your well-being Are you ready to Boost your energy levels naturally Sharpen your mind and enhance cognitive function Strengthen your immune system Age gracefully with vibrant health The power to transform your health is in your hands Don't wait another day to start your journey to a longer more vibrant life Grab your copy of Okinawa Diet 2024-2025 now and unlock the secrets of the world's longest living people Your future self will thank you

Secrets of Longevity, 2nd edition Dr. Mao Shing Ni,2024-11-12

From bestselling author and world renowned longevity expert Dr. Mao Shing Ni this must have guide offers hundreds of simple practices for aging well so you can live a long healthy joyful life In this new and expanded edition of his beloved bestseller Dr. Mao Shing Ni reveals all the secrets to aging well in today's world without diets drugs or procedures Marrying the latest in contemporary science with powerful wisdom from traditional Chinese medicine he presents hundreds of practices for longevity including more than fifty new tips tailored to modern life including Mindfulness practices proven to relieve stress and burnout Natural remedies designed to boost immunity and prevent infection Simple exercises to improve agility flexibility and strength Foods that support brain and heart health Practical ways to mitigate the health effects of climate change Techniques to keep memory sharp and prevent cognitive decline Overflowing with fascinating information and invaluable insights this trove of advice and practical wisdom allows you to live the life you love with the people you love for a long long time WELL BEING FOR MODERN LIFE Packed with advice on modern health including how to manage environmental issues digital wellness and more plus tips on breathwork and mindfulness this book is perfect for health conscious readers looking for simple accessible ways to incorporate wellness practices and natural anti-aging techniques into everyday life CELEBRATED AUTHOR Dr. Mao Shing Ni is a highly respected aging expert and 38th generation Chinese

Medicine doctor He runs a renowned wellness center in Los Angeles and has traveled the world giving lectures on health and aging In this book he distills the latest in contemporary science with ancient wisdom from traditional Chinese medicine making it easy for readers to understand and apply life changing wellness techniques HEALTH BOOK TO GIFT AND DISPLAY With a fresh new look and an uplifting interior design this beautiful book makes a thoughtful gift for wellness enthusiasts and retirees for Mother s Day Father s Day and birthdays and for anyone recovering from an illness or striving for optimal health at any age Perfect for Meditators and mindfulness practitioners People interested in Chinese Medicine Anyone interested in aging naturally Retirees and people looking for retirement gifts Gifting to parents and grandparents Fans of the first edition of Secrets of Longevity Readers of bestselling self help and longevity books such as Outlive and Young Forever

The Longevity Code ,2019 *General Catalogue of Printed Books to 1955* British Museum. Dept. of Printed Books,1967

Longevity Secrets For Men, Women, Even Them Non-Binaries! Marcus Goodman,2025-10-14 Are you ready to take control of your health boost your vitality and extend your life In this empowering guide Marcus Goodman blends decades of personal experience with cutting edge science to reveal how fasting mindful eating and anti inflammatory nutrition can transform your healthspan With clarity and practicality he explains how ancient practices now validated by modern research can help you Unlock the healing power of fasting and discover the right plan for your lifestyle Reduce chronic inflammation the hidden culprit behind many modern diseases Support fasting with nutraceuticals and vitamins for optimal results Craft realistic meal plans with easy flavorful anti inflammatory recipes Adapt strategies to fit your work family and daily life no matter your age or identity Drawing from both personal transformation losing 100 pounds and reclaiming health and a deep dive into the latest longevity science Goodman offers not just theory but actionable steps Whether you re just beginning your wellness journey or looking to refine your health practices this book gives you the tools to eat smarter fast better and live longer It s not about deprivation It s about empowerment fueling your body calming your mind and nourishing your soul Take the first step toward a stronger healthier future

As recognized, adventure as capably as experience approximately lesson, amusement, as with ease as covenant can be gotten by just checking out a ebook **2025 Edition Longevity Secrets** afterward it is not directly done, you could consent even more concerning this life, as regards the world.

We find the money for you this proper as with ease as simple exaggeration to get those all. We have enough money 2025 Edition Longevity Secrets and numerous book collections from fictions to scientific research in any way. in the midst of them is this 2025 Edition Longevity Secrets that can be your partner.

https://nodedev.waldoch.com/results/scholarship/Download_PDFS/de%20overwinnaars%20eisenhower%20en%20zijn%20jongs.pdf

Table of Contents 2025 Edition Longevity Secrets

1. Understanding the eBook 2025 Edition Longevity Secrets
 - The Rise of Digital Reading 2025 Edition Longevity Secrets
 - Advantages of eBooks Over Traditional Books
2. Identifying 2025 Edition Longevity Secrets
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 2025 Edition Longevity Secrets
 - User-Friendly Interface
4. Exploring eBook Recommendations from 2025 Edition Longevity Secrets
 - Personalized Recommendations
 - 2025 Edition Longevity Secrets User Reviews and Ratings
 - 2025 Edition Longevity Secrets and Bestseller Lists

5. Accessing 2025 Edition Longevity Secrets Free and Paid eBooks
 - 2025 Edition Longevity Secrets Public Domain eBooks
 - 2025 Edition Longevity Secrets eBook Subscription Services
 - 2025 Edition Longevity Secrets Budget-Friendly Options
6. Navigating 2025 Edition Longevity Secrets eBook Formats
 - ePUB, PDF, MOBI, and More
 - 2025 Edition Longevity Secrets Compatibility with Devices
 - 2025 Edition Longevity Secrets Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 2025 Edition Longevity Secrets
 - Highlighting and Note-Taking 2025 Edition Longevity Secrets
 - Interactive Elements 2025 Edition Longevity Secrets
8. Staying Engaged with 2025 Edition Longevity Secrets
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 2025 Edition Longevity Secrets
9. Balancing eBooks and Physical Books 2025 Edition Longevity Secrets
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 2025 Edition Longevity Secrets
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine 2025 Edition Longevity Secrets
 - Setting Reading Goals 2025 Edition Longevity Secrets
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of 2025 Edition Longevity Secrets
 - Fact-Checking eBook Content of 2025 Edition Longevity Secrets
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

2025 Edition Longevity Secrets Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In todays fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free 2025 Edition Longevity Secrets PDF books and manuals is the internets largest free library.

Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to

personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free 2025 Edition Longevity Secrets PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of 2025 Edition Longevity Secrets free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About 2025 Edition Longevity Secrets Books

1. Where can I buy 2025 Edition Longevity Secrets books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
3. How do I choose a 2025 Edition Longevity Secrets book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
4. How do I take care of 2025 Edition Longevity Secrets books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.

6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
7. What are 2025 Edition Longevity Secrets audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media or recommend them to friends.
9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
10. Can I read 2025 Edition Longevity Secrets books for free? Public Domain Books: Many classic books are available for free as they're in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find 2025 Edition Longevity Secrets :

de overwinnaars eisenhower en zijn jongens

de tale kanans een leergang liederen

de rare richelroek en oare opzifferskes

de zonen van pietje bell ill g van straaten

de tweede wereldoorlog in kleur fotoboek

de priesters van stargorod

dead musician other classic reprint

de waterlanders een joodse jeugd tussen twee wereldoorlogen

de vierde wijk gevuld door achter de frontlijn

de zilveren kruisjes

de zwemsport handboek voor de zwemkunst

de ultra-s bedrog en verraad in noord ierland

de pc in de kleinere onderneming

de wijsbegeerte van het oosten

de pasion aventuras y otras pendejases una colección de poesías spanish edition

2025 Edition Longevity Secrets :

Life's Healing Choices Revised and Updated John Baker, a former pastor at Saddleback Church, based this book on the eight steps to spiritual freedom (admitting need, getting help, letting go, coming ... Life's Healing Choices Revised and Updated Through making each of these choices, you too will find God's pathway to wholeness, growth, spiritual maturity, happiness, and healing. Life's Healing Choices: Freedom from Your... by Baker, John Book overview ... With a foreword by Rick Warren, author of The Purpose Driven Life, this life-changing book helps you find true happiness—if you choose to accept ... Life's Healing Choices - Learn - Shop Life's Healing Choices · Life's Healing Choices Revised and Updated. Life's Healing Choices Small Group Study Guide Includes 8 study sessions, led by the Life's Healing Choices Small Group DVD that takes you step-by-step through the recovery and self-discovery process. Life's Healing Choices: Freedom from Your Hurts, Hang- ... Read 84 reviews from the world's largest community for readers. LIFE HAPPENS. Happiness and Healing are yours for the choosing. We've all been hurt by ot... Life's Healing Choices Revised And Updated: Freedom ... The road to spiritual maturity is paved with life-changing decisions. Travel toward wholeness, growth, and freedom by following Jesus' signposts along the ... Life's Healing Choices Small Groups Life's Healing Choices Small Groups ... All leaders are learners. As soon as you stop learning, you stop leading. The Ministry Toolbox is designed to help you ... Life's Healing Choices | LIFE HAPPENS - Happiness and Healing are yours for the choosing. We've all been hurt by other people, we've hurt ourselves, and we've hurt others. And as a ... Upper Dash Removal? May 4, 2021 — Hey all! I need a bit of advice/info - I'm trying to retrieve my driver's license from the upper dash - it slid between the windshield and ... 2019 honda pilot, i need step by step to replace the dash Feb 27, 2021 — 2019 honda pilot, i need step by step to replace the dash panel - Answered by a verified Mechanic for Honda. how hard to take apart the entire dash??? Nov 6, 2005 — 30 minutes to a hr depends on how many times u have done it already like there are like 5 or 6 bolts that holds the dash on 10 mm and taking ... Dashboard Removal/Installation - Honda Manuals Honda EP3 Manual Online: Dashboard Removal/Installation. SRS components are located in this area. Review the SRS component locations (see page 23-13) and ... 2022 Instructions - www.collegehillshonda.com Pull away the door opening seal, and remove the driver's dashboard side lid. DOOR OPENING. SEAL. (Pull away.) 3 CLIPS. 2 RETAINING. TABS. DRIVER'S. Honda Pilot 2016-up 99-7811 Feb 9, 2016 — Dash Disassembly. 1. Open the passenger door and remove the dash trim on the side of the dash. (Figure A). 2. Open the glove box and remove. Service & Repair Manuals for Mercedes-Benz 560SL Get the best deals on Service & Repair Manuals for Mercedes-Benz 560SL when you shop the largest online selection at eBay.com. Free shipping on many items ... Repair Manuals & Literature for Mercedes-Benz 560SL Get the best deals on Repair Manuals

& Literature for Mercedes-Benz 560SL when you shop the largest online selection at eBay.com. 107 service manual Aug 8, 2010 — I have a full set of paper manuals for my car, but it would be useful to have an on-line version. It seems the link is directly to Startek, so ... Repair manual for 87 560SL - Mercedes Forum Apr 17, 2005 — Does anyone have any recommendation on how to obtain a repair manual which would cover a 1987 560SL? Mercedes Benz R107 560SL Service Repair Manual .pdf Mercedes Benz Series 107 560SL Workshop Service and Repair Manuals, Models 560SL R107 Roadster. MERCEDES BENZ R107 560SL 1986-1989 Factory ... Repair Information - full component disassembly and assembly instructions; Diagnostic Manual - Provides test and troubleshoot information; Extremely detailed ... Mercedes-Benz 560SL W107 Owners Manual 1985 - 1989 Mercedes-Benz 560SL W107 Owners Manual; Available from the SLSHOP, world's leading Classic Mercedes-Benz SL Specialist. Mercedes-Benz 560SL (107 E56) R107 Technical Specs ... Mercedes Benz 560SL Series 107 Workshop Service and Repair Manuals. Visit <http://mbmanuals.com/series/107/560sl/> for full manual selection. 1987 MERCEDES-BENZ 560SL 5.6L V8 Repair Manual RockAuto · Belt Drive · Body & Lamp Assembly · Brake & Wheel Hub · Cooling System · Drivetrain · Electrical · Electrical-Bulb & Socket · Electrical-Connector ... Owner's Manual These instructions are available at every authorized MERCEDES- BENZ dealer. ... authorized MERCEDES-BENZ dealer for maintenance service. Freeze protection.