

LONGEVITY *Secrets*

The Ultimate Guide To Aging
Gracefully And Achieving
Lifelong Wellness



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Ping Wu (M.D.), Taichi Tzu



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to an often miserable and premature old age by treating symptoms with an antidote prescription medicine that is often worse than the ailment itself As a counterpoint Life Beyond 100 provides the most ambitious yet medically grounded and commonsensical longevity program available Easy to follow and supported by advanced research Dr Shealy's guide to uncovering the secrets of youthful aging redefines the concept of human longevity and offers a new vision of healthy living to one hundred and beyond **8 Secrets of a Healthy 100** Des Cummings, Monica Reed, Todd Chobotar, 2012-01-01

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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 **120 Years** Valeri

Chobanu,2020-07-02 You may think that aging is an unstoppable force but there are brakes to slow its progress Since 1900 average life expectancy around the globe has more than doubled thanks to better public health sanitation and food supplies But a new study of long lived Italians and Japanese indicates that we have yet to reach the upper bound of human longevity Human life expectancy is on the rise Whereas the average person born in 1960 could expect to live to 55 years of age someone born today has an average life expectancy between 79 and 83 years of age The question many of us ask is how far can we push the boundaries of our human lifespan Scientists are still studying this question *The Longevity Code* ,2019

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