

A close-up photograph of a person's hands. The left hand is holding a dark, cylindrical pill bottle, tilted to pour several white, oval-shaped pills into the palm of the right hand. The background is blurred, showing what appears to be a clinical or laboratory setting with various pieces of equipment.

# 7 SECRETS TO LONGEVITY

From Dr. David Sinclair

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# Longevity Secrets Quick Start

**Michael Seilmaier**

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.

## **Longevity Secrets Quick Start:**

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