

# LONGEVITY SECRETS



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

**Tammy Gallagher, FNLP**

# Longevity Secrets Hardcover

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*Secrets of Longevity* Maoshing Ni,2010

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*Planning a*

*Purposeful Life* ,2017

**8 Secrets of a Healthy 100** Des Cummings,Monica Reed,Todd Chobotar,2012-01-01

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Secrets of Health and Longevity Bob Flaws,1994 The 14 secrets of longevity of the Qing Dynasty Emperor Qian Long cover all aspects of living long and healthy life This book offers Qian Long's sage advice on the role of diet exercise relaxation emotions sex and environment in achieving long life and good health This traditional Chinese medical theory includes self massage stretching and qi gong exercise as well as how to use Chinese tonic herbs

Dr. Mao's Secrets of Longevity

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