

# LONGEVITY SECRETS



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

**Tammy Gallagher, FNLP**

# Longevity Secrets 2026 Guide

**Michael Brown**

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**Consumer Health & Nutrition Index**, 1993    *The Churchman*, 1955    **The Complete Idiot's Guide to Secrets of Longevity** Kandeel Judge, Maxine Barish-Wreden, 2008 Furnishes a clear, decisive approach to unlocking the secrets of a

longer and healthier life with guidelines on diet exercise and nutritional supplements tips on avoiding such longevity threatening lifestyle choices as bad relationships stress and insomnia and advice on eliminating everyday toxins and promoting a positive attitude Original **National Library Service Cumulative Book Review Index, 1905-1974: Titles.**

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