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Longevity Secrets:

Help Your Body Stay Young and Beautiful

The Complete Guide to Living

Your Youngest, Healthiest Life



Longevity Secrets 2026 Guide

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The Secrets of Longevity Lynne McTaggart,2004 **Longevity Secrets** Tammy Gallagher,2022-12-03 In *Longevity Secrets*, you'll discover the five pillars of longevity and how to implement each into your lifestyle. If you want to live a healthier and longer life as quickly as tomorrow, keep reading.

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The Complete Idiot's Guide to the Secrets of Longevity Kandeel Judge, M.D.,Karen K. Brees, Ph.D.,Maxine Barish-Wreden, M.D.,2008-11-04 Living life to the fullest now and later Modern life can be dangerous to one s health Things like burnout excess weight stress lack of sleep poor diet and pollutants can have a negative impact on the quality of life and ultimately one s healthspan Written by doctors The Complete Idiot s Guide to Secrets of Longevity provides a clear and easy path to unlocking the secrets to living healthier and looking younger Readers will learn about Diet exercise and supplementation The pitfalls of longevity threatening lifestyle choices involving bad relationships harried schedules and lack of sleep Insights into toxins from food cleaning products and cosmetics The incredible power of laughter optimism and a positive attitude

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