

LONGEVITY SECRETS

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

Tammy Gallagher, FNLP



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Jayanth Reddy Morramganti



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Planning a Purposeful Life, 2017 *8 Secrets of a Healthy 100* Des Cummings, Monica Reed, Todd Chobotar, 2012-01-01 *Imperial 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 Cookbook* Maoshing Ni, 2013-01-01 The international bestselling author of Secrets of Longevity shares seventy five simple and delicious recipes for living a healthier happier and longer life A thirty eighth generation practitioner of Chinese medicine Dr Mao has helped countless patients and readers bolster their health and increase their longevity Now he builds on the advice shared in his previous books with this collection of kitchen friendly palate pleasing recipes designed to enhance wellness in a variety of ways Each recipe specifies its healthful benefits whether it increases metabolism or

reduces inflammation fights high cholesterol or aids detoxification Recipes include Honey Glazed Masala Chicken with Apricots Immune Boost Borscht with Porcini Mushrooms and Spicy Tri color Pepper Beef with Himalayan Gojiberry Dr Mao also shares his signature Anti Aging Brain Mix and Brain Tonic A simple list of life extending foods is also included along with a list of in season bounty and a handy health glossary

The Art of Longevity Book Guide Dr Klint Alek,2024-02-18

Headline Your Easy Guide to Longevity Unlock the Secrets to a Long and Thriving Life Expertise Your all in one resource for living a longer healthier and more satisfying life is this book This book written by certified health coach and author DR KLINT ALEK gives you the tools to take charge of your longevity and health by utilizing cutting edge research and doable tactics Benefits Learn about the fascinating science of aging Learn to understand the intricate processes of aging and how you can affect them Discover the longevity secrets Discover easy to use yet effective techniques to improve your health increase your energy and maybe lengthen your life Take a simple long term approach Put an end to rigid diet plans and taxing exercise regimens This book provides doable realistic solutions that you may easily implement into your daily routine Feel in charge and empowered Take responsibility for your health and make wise decisions for your wellbeing Isn t aging inevitable Although growing older is a normal aspect of life there are numerous variables that might affect how long and how well you live This book gives you the knowledge and skills to make decisions that will help you age well and possibly live a longer healthier life I don t have time for complex health strategies Regardless of your schedule the main goal of this book is to provide you with easy to implement straightforward techniques that you can incorporate into your everyday practice Imagine having a colorful energizing and prepared morning routine every day Imagine being free from crippling diseases and chronic disorders to live a long and meaningful life This book serves as your road map to getting there Take action now Take the first step toward living a longer healthier and happier life right now Get your copy of longevity book guide right away to discover the longevity secrets

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