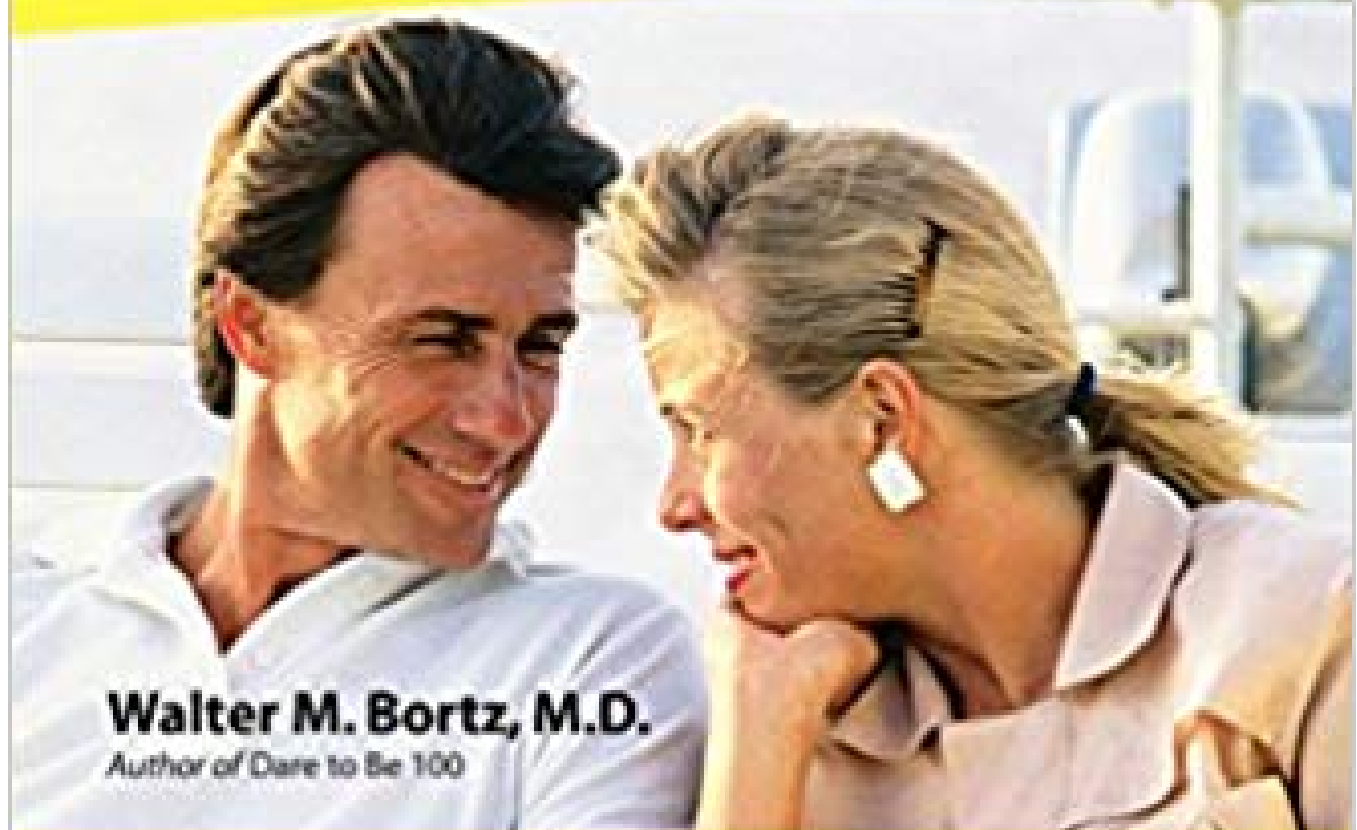


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Author of Dare to Be 100

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What's the common human life time..ll discover how to:Slow your price of agingReverse many of the effects of agingAvoid maladies associated with ageKeep your brain and senses sharpMaintain limberness and muscle toneKeep your energy level highRebound from illnessStay sexually activeDr.72 years.. Best of all isthe news that, no matter your age or what form you's also now clear that a lot of of the maladies we commonlyassociate with ageing, such as for example frailty, senility, and arthritisaren'Actually, science has determined that humans were designed to live120 years, and that, as yet, most people died too early.It'78 years?t component of nature' Bortz shatters common myths about aging and explains, inplain English, what science now knows about the standard agingprocess in humans.. And he explores a wide range of life-prolongingtopics, including:Obtaining good wellness careExercising to remain healthy for lifeEating right for a long lifeGetting sufficient rest and relaxationUsing choice medicine and workout techniquesMaintaining brain-powerHaving sex to prolong your daily life and dealing with sexualdifficultiesHandling wellness crisesThe number of people age 100 and older increases a whopping 8percent every year in the United States? Written by a respected national experton aging, it' Allow Living Longer For Dummiesshow you how.or too small-to beginliving an extended, healthier life, and Living Longer ForDummies can demonstrate how. You's packed with life-changing tips about nutrition,workout, attitude and behavior, that will help enhance and sustainyour physical and psychological good- being to age 100 and beyond.You's plan, however the result of otherfactors such as for example bad nutrition, disease ,and disuse.rein, you may take measures to reverse growing older that hasalready occurred in you and to slow your rate of aging in thefuture. If you opt to, you canbecome one of them someday.re under no circumstances too old-



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Loaded with information for a wholesome and a longer lifespan. He manages to do this in a friendly style, occasionally bringing in his own private experiences together with his suggestions on obtaining the most out of lifestyle. I think everyone will enjoy the discussions on sex, maintaining your mind power, and the usage of alternative medicine since it relates to the elderly. An excellent book on aging, medications, and illness common to the older generations. Exceptional advice on prevention of illness and accidents common to older people. I intend to keep this publication in my reference collection. A great way to obtain information on what can be done to increase a lifespan. Obviously written and conveniently understandable materials. Bortz has created the very best! I have read many books on healthy aging and longevity and Dr. Living Longer and Better! Five Stars Good coverage but professional on aging with common sense, humor and latest medical information. He gives the latest information on exercise, diet, rest, medication use, and dealing with a health crisis... It's an advisable book for everybody - smart, dummie. previous or young!



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