

# IN PURSUIT OF HEALTH AND LONGEVITY

**WELLNESS PIONEERS THROUGH THE CENTURIES**

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An indexed book for health professionals, pastors,  
and anyone wishing to pursue a healthier and longer life  
with the wisdom of the ages.

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## In Pursuit of Health and Longevity: Wellness Pioneers through the Centures



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This is a significant and funny book! Help people live much longer lives using humor and good nourishment. Funny! I love this book. Funny9 stars!Cal is 87, he's doing great! I am only 65, when I develop up I would like to end up being like Cal. I do have an excellent start, I love to laugh and like to browse funny stuff, I likewise have been working on improving my diet for some time, and take lots of food supplements.In case you are concerned about having a happy and healthful life, you can't go wrong by getting this book and reading it very thoughtfully. There is so much advice, it's easy and simple to check out.I give this reserve 4. Somebody help me, please! The score could have been higher except for the small couple of spelling errors I found. I also like what Cal is trying to accomplish. What I can't find out, is this a serious book that's funny or is it a funny book that is serious?



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