## Longevity and health

## J. E. Matrix

## Today

You have to eat unprocessed food and drink high quality water. <sup>1</sup>

 $<sup>^{-1}\</sup>mathrm{J.~E.~Matrix.}$  "The secrets of longevity". In: Tips and routines to healthy life 1.2 (1977), pp. 150 –177, p. 1.