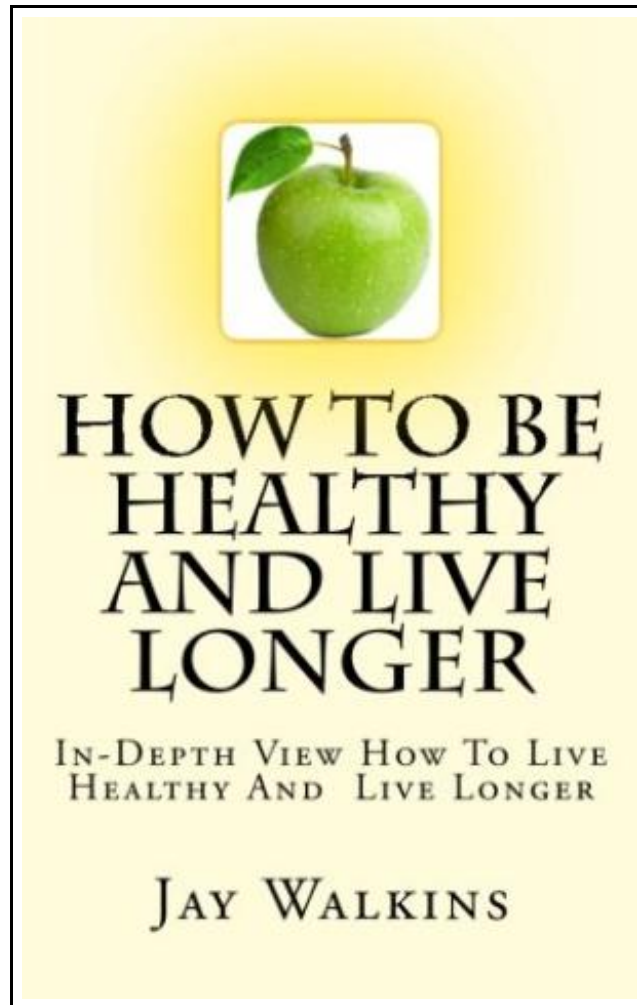


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Createspace, United States, 2012. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.How To Be Healthy And Live Longer. Brought to you by: Jay Walkins B.S., CFT Jay Walkins holds a B.S degree in Exercise Sciences, Nutrition and is a Certified Fitness Trainer By paying some attention to your body and its needs, and respecting its limitations, you can preserve the quality of your life for many years to come, and grow old gracefully, rather than pathetically. As more and more scary facts are revealed about what we consume every day, and what we are doing to ourselves, more and more people are reconsidering how they live their lives. They start looking at the damage being done, and where it might lead to. This book takes a close in-depth view how you can live a healthy and longer life. How To Be Healthy And Live Longer. Many people are constantly adding undesirable substances to their bodies - some deliberately, and some unknowingly - yet all of them through ignorance. Are you one of these people? How To Be Healthy And Live Longer. The first category of people introduces harmful substances to their bodies deliberately. These include acts like smoking, drinking excessively, consuming unnecessary pharmaceutical products, substance abuse, indulging in junk food, etc. If you are doing this, you are definitely creating a negative impact on your longevity - regardless of the reason. How To Be Healthy And Live Longer. Sadly, some of these actions - like smoking, for instance, cause damage to your system that can never be fully reversed, and which you will have to live with forever. As such, every cigarette reduces your chances of ever having a quality life when you grow older. How To Be Healthy...



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