

Imperial secrets of health and longevity

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The thoughtful planning and perseverance that such people invest in their careers and their relationships promote long life naturally and automatically, even when challenges arise. The greatest claim, made by the propaganda-obsessed Soviet Union, was that one Abkhasian man named Shirali Muslimov reached a remarkable 168 years old.

The real secrets to a longer life

He began his study and practice of Chinese medicine in 1977 under the late Eric Xi-yu Tao of Denver, Colorado and continued his Chinese medical education at the Shanghai College of Traditional Chinese Medicine from 1982 to 1986. Chronic physiological disturbance is not at all the same thing as hard work, social challenges or demanding careers.

The Legendary Longevity of the Abkhasia People

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Imperial Secrets of Health and Longevity

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. Ge Hong 281-341 AD, a famous Jin dynasty doctor and Daoist adept, summed this up nicely in his Nei Pian Inner Writing : It is not all right for humans to sever their sexual desire.

Oatmeal Is the Secret to Longevity

The Monitor spoke to Friedman about some of the most controversial of his findings — including the idea that stress isn't necessarily all that bad for us. Even women who were widowed often did exceptionally well.

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