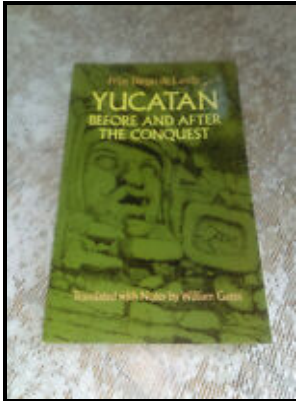


Live now, age later - proven ways to slow down the clock

Warner Books - A new drug slows aging in mice. What about us?



Description: -

-

Navajo Indians -- Fiction

Health

Aging -- Prevention

LongevityLive now, age later - proven ways to slow down the clock

-Live now, age later - proven ways to slow down the clock

Notes: Includes index.

This edition was published in 1999



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Live Now, Age Later : Proven Ways to Slow Down the Clock (Paperback)

How to take it: Even though you can find whey protein in basically any grocery store, be picky with your protein. CoQ10 enhances cellular energy production in your mitochondria. Go ahead and click on any titles that intrigue you, and I hope to see you around here more often.

How to Last Longer in Bed: 15 Tips For Men

Initially some great things happened.

Live Now, Age Later: Proven Ways to Slow Down the Clock by Isadore Rosenfeld

Shutterstock Good news for those who hate sticking to diets: it turns out that cutting calories actually has no proven effect on your lifespan. A variety of exercise machines can also do the job, but only if you use them properly. Just wait a few minutes.

How To Slow Down Time and Live Longer

Research from the found that people who took at least three midday naps a week reduced their risk of coronary mortality by 37 percent.

20 Habits Proven to Slow Down Aging

If you're in the market for a thicker condom to decrease sensation, try.

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