

Turn back the years.

[The Author] - Please turn back the years



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Let's Turn Back the Years

It might just be the fountain of youth. While upping your antioxidant intake, staying properly hydrated, and steering clear of preservative-packed processed foods can all help you look younger both inside and out, that doesn't mean you should discount topical treatments as effective means of slowing aging. A great subdivision has risen, taking away with it the home to wildlife, erecting man made lakes with farm raised fish to attract more outside financial influence.

Seeking the Fountain of Youth? 10 Tips to Reverse Aging

Not only does research suggest that sleeping pills can inhibit memory recall and potentially cause so-called rebound insomnia when you stop taking them, the results of a study published in Sleep reveals that sleeping pills can increase your risk of death by as much as a third.

50 Anti

In fact, young-feeling adults reduced their risk of death by as much as 40 percent.

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This software was developed by John Logue. In Okinawa, Japan, which has one of the oldest populations in the world, individuals regularly stopped eating when they were feeling 80 percent full. Researchers at the Ecole Polytechnique Federale de Lausanne found that the urolithin A found in pomegranates can help fend off cell death and increased both the endurance and lifespan of animal test subjects.

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