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How to Live to 110: Your Comprehensive Guide to a Healthy Life

By Brian Kirby, Tim Kirby

John Blake Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, How to Live to 110: Your Comprehensive Guide to a Healthy Life, Brian Kirby, Tim Kirby, Wouldn't it be amazing to delay getting 'old'? To live past 100 and still be vigorous, active and clear-thinking? To stay so healthy through your later years that you rarely have to visit your doctor? This is not just wishful thinking. There are people in their nineties - and older - who still work, play sports and enjoy an active social life. They have avoided the diseases which we wrongly think of as a natural part of growing old. You too can ward off these diseases. All it takes is some simple changes to what you eat, drink and do. How to Live to 110 is a scientifically grounded, no-nonsense guide to your best chances for a healthy, long life. It explains: * Key processes in your body and how modern living messes these up * Straightforward ways to avoid heart disease, cancer and the other big killers * How to delay dementia, keep free from infections and avoid accidents * What foods to eat - and to avoid - so your body stays...



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