

Living Healthy Beyond 120, a Centurion's Plan for Longevity: Healthy Aging Naturally (Paperback)



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Reviews

It is just one of my personal favorite publications. It is among the most awesome publications I have read. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Delia Rutherford)

LIVING HEALTHY BEYOND 120, A CENTURION S PLAN FOR LONGEVITY: HEALTHY AGING NATURALLY (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Read the first 3 chapters free at: This is the sixth book on Anti-Aging published by the Solar Institute. With the uncertainty surrounding some economies, anti-aging therapies, especially HGH therapies, can cost thousands of dollars a month. Cost affordable alternatives are your guarantee that in any economy you will know the right foods and methods to defeat aging. This book includes scientific studies confirming the 3 way link between solar weather, a vegetarian diet and lifespan. Number of pages: 638 Partial Listing of Chapters and Contents 2 - Why Serotonin is a Key Player in Extending Lifespan 3 - How to use Solar Weather to Extend Lifespan People Born In the Fall Live Longer Genes and Seasonal Variation People Born during Quiet Solar Activity Live Longer Short Term Bursts of Solar Radiation and Human Health Does Excess Vitamin C Cause Kidney Stones? Surgery is not necessary for Carpal Tunnel. Exploring Vitamin B6. 4 - Scientific Studies showing Solar Activity Affecting Health Scientific Evidence showing Solar Activity affects Human Lifespan 5 - Methods and Techniques Scientifically Proven to Reverse Aging Enzymes and Immortality Telomere Regeneration Harvard team successfully reverses the aging process in mice Will a Astragalus Tincture work as well as TA-65 ? Is GcMAF the Ultimate Cancer Cure? 8 - Natural Regeneration of Body Parts The SIRT1 Gene The miracle of Oligonol 10 - Proven Techniques to Naturally Boost Human Growth Hormone Levels How to Use Niacin to Create Massive Amounts of HGH Scientific Studies Demonstrating Q! Gong Increases Human Growth Hormone How to use a Sauna to Increase HGH Why Lower Serotonin Levels Increase Aggression Selenium and its Role in DNA Repair 12 - Herbs Proven to Extended...



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