



How to Live Longer: Learn the Secrets of Ancient Cultures on How to Live a Longer, Healthier Life (Anti-Aging Secrets & Home Remedies)

Jamie Sandulf

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"Eighty percent of the factors that control how long you live are related to your lifestyle, not your genes." -- David Demko, PhD, Gerontology

Discover How to Live Longer: Learn the Secrets of Ancient Cultures On How To Live A Longer, Healthier Life (Anti-Aging Secrets and Home Remedies)

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Some ancient civilizations lived to be much older than we do now in most Western cultures. And the people that still live in those areas today have continued to use their secrets to promote very long and satisfying lives.

We in the Western, modern world have access to the most advanced medical care and medications this planet has ever offered at any other time period. So why are so many of us still unhealthy and our average life spans are sometimes decades shorter compared to those ancient cultures? What secrets to longevity do those cultures know that we do not?

This book contains time-honored steps and strategies on how you can understand actions that may be reducing your lifespan, and instead begin doing what is required to add years to your life. A long life is only the first step; being healthy and mobile in your advanced years is the ultimate goal.

Here Is a Preview of What You'll Learn...

- Ancient Medical Sciences and their Attempts at Longevity
- How You Can Apply This Information In Your Life
- **The Longevity Diet**
- **Anti-Aging Nutrition**
- The Healthiest Cities in the USA
- The Best International Cities to Live In
- and Other Factors that Promote Longevity Irrespective of Where You Live

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TAGS: Ancient Cultures, Secrets of Ancient Cultures, diet, nutrition, healthy living, longevity, how to live longer, live longer, feel better, healthier life, anti aging secret, aging gracefully, healthy lifestyle

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