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Secrets of Healthy Longevity

Panel: Life and Longevity

HEALTH IS YOUR REAL WEALTH. This paper helps you to easily understand your body and its 34 organs to maintain and nourish them for healthy longevity. This paper will take you on a journey through your body from organ to organ to understand its functions and how to nourish and maintain it by exercises and different foods.

Presented in a brisk and easy to understand style this paper also provides interesting country case studies covering Okinawa (Japan), Sardinia (Italy), and Loma Linda (California) in USA as well as individual case studies to learn from. This paper has a unique and new approach to healthy longevity and will provide a highly beneficial outcome to your health.

This paper is useful for people of all age i.e. young, middle aged and seniors as it can provide the knowledge to improve health and well being for greater happiness and joy in life with a global perspective of longevity.