

LONGEVITY SECRETS

**An Anti-aging Guide to
Preventing Disease,
Avoiding Memory Loss,
Staying Active and
Living Longer**

Tammy Gallagher, FNLP



Quick Start Longevity Secrets

Julianna Cubbage



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The Complete Idiot's Guide to the Secrets of Longevity Kandeel Judge M.D., Karen K. Brees Ph.D., Maxine Barish-Wreden M.D., 2008-11-04 Living life to the fullest now and later Modern life can be dangerous to one's health Things like burnout excess weight stress lack of sleep poor diet and pollutants can have a negative impact on the quality of life and ultimately one's health span Written by doctors The Complete Idiot's Guide to Secrets of Longevity provides a clear and easy path to unlocking the secrets to living healthier and looking younger Readers will learn about Diet exercise and supplementation The pitfalls of longevity threatening lifestyle choices involving bad relationships harried schedules and lack of sleep Insights into toxins from food cleaning products and cosmetics The incredible power of laughter optimism and a positive attitude

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McLanahan, 2020-04-14 It may begin with shortness of breath or perhaps a recurring cough as you inhale Your ability to take in more air becomes impeded for any number of reasons The bottom line is that your body is not receiving the oxygen it

requires and when that happens your body lets you know it Exhaustion depression lack of focus and dizziness can all set in not to mention the organ damage created by a lack of oxygen Prescription medications or an oxygen tank may provide some relief but there are also a number of techniques that you can do on your own to improve your condition Best selling health writer Meera Patricia Kerr and Dr Sandra A McLanahan have teamed up to provide an effective breathing exercise program Their new book Take a Deep Breath is designed to help those who have any number of breathing problems increase their lung capacity safely and naturally The book is divided into two parts Part One provides information basic to understanding the authors unique program You will learn the importance of the respiratory system to your health and how you can improve your breathing through specific time tested exercises You will also learn about the mental blocks that may prevent you from performing these simple yet important exercises and how you can overcome them Part Two presents the full breathing program from assuming the right postures to carrying out essential techniques for lung improvement As you will discover this program offers benefits far beyond easier breathing including the ability to overcome stress gain mental clarity and take greater control over your life While there may not be a complete cure for every breathing disorder you can play a crucial role in improving your condition Take a Deep Breath gives you the tools you need to control your breathing and optimize your health All it takes is one deep breath at a time

The A.G.E. Food Guide Helen Vlassara,Sandra Woodruff,2021-11-03 All foods contain AGEs advanced glycation end products which are naturally occurring toxins Numerous studies have shown that a buildup of AGEs accelerates the body s aging process Over time by increasing oxidation and free radicals hardening tissue and creating chronic inflammation AGEs lead to a host of chronic diseases By knowing how to lower your AGE consumption you can lead a longer healthier life Here is an easy to use guide to understanding AGEs and identifying those foods that have the least AGEs and those that have the most so that you can make smart dietary decisions

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suggestions for enhancing physical mental and emotional well being The book emphasizes the connection between health and happiness underscoring the importance of a positive outlook on life This ultimate collection of three books offers a comprehensive exploration of health happiness and longevity From practical health tips and preventive measures to insights into the science of eugenics and the pursuit of well being these books provide readers with valuable knowledge and guidance to lead a healthy and fulfilling life

The Bone Broth Secret Louise Hay, Heather Dane, 2016-01-05 When a forgotten time honored traditional food is rediscovered for its health and beauty benefits we all pay attention In this one of a kind culinary adventure internationally renowned self help pioneer Louise Hay and 21st century medicine woman Heather Dane join together to explore a fresh and fun take on the art of cooking with bone broth as well as the science behind its impressive curative applications Chock full of research how tos and tips this inventive cookbook offers a practical playful and delicious approach to improving your digestion energy and moods With over 100 gut healing recipes for broths elixirs main dishes breads desserts and even beauty remedies and cocktails Louise and Heather will show you how to add a dose of nourishment into every aspect of your diet You ll also get entertaining stories along the way that remind you to add joy back onto your plate and into your life Plus you ll find out how Louise not only starts her day with bone broth but uses it as an ingredient in many of her meals as well discovering why it is one of her secrets to vibrant wellness and longevity Wherever I go I m asked How do you stay so healthy and young Or I m complimented on how beautiful my skin hair and nails look I always say that the key is positive thoughts and healthy food For many years the staple of my diet has been bone broth My doctors keep pointing out that my blood tests and other health test results are better than people half my age I tell them I m a big strong healthy girl Then I talk about bone broth I want everyone to know about it because I believe it is an integral part of my health energy and vitality Louise Hay

The 7-Day Fat Burn Reset: A Revolutionary Guide to Rapid, Sustainable Weight Loss Julianna Cabbage, What if I told you that everything you thought you knew about weight loss was only half the story and that the other half could change your life in just seven days Welcome to The 7 Day Fat Burn Reset A Revolutionary Guide to Rapid Sustainable Weight Loss where science backed strategies collide with quirky unconventional wisdom you won t find in the usual health aisle This isn t another bland diet book filled with empty promises and recycled advice It s a bold practical no fluff guide designed to torch stubborn fat reboot your metabolism and wake up your mind and body in one powerful surprisingly doable week Inside these pages you ll uncover little known fat burning tactics trusted by leading health experts psychologists nutritionists fitness trainers and everyday people who ve completely transformed their lives and bodies Julianna Cabbage takes their hard earned wisdom and wraps it in her signature relatable real talk voice so you ll feel like you re chatting with a smart slightly mischievous friend who genuinely wants you to win You ll learn why that innocent looking smoothie might secretly be sabotaging your fat loss how your sleep cycles could be either your best weapon or your biggest enemy and why sprinting for 30 seconds might be more valuable than 30 minutes on a treadmill From breath hold retention

hacks to understanding the fat burning magic of NEAT you'll gather a toolbox of unusual but proven strategies to slim down smarter not harder Forget bland salads and endless hours of cardio This book is about turning your body into a fat burning furnace while keeping your mind sharp your moods steady and your energy sky high It's about breaking the invisible rules you didn't know were holding you back and rewriting your own health story on your terms Ready for a week that could reroute your health confidence and perspective for good This isn't just a reset It's a revolution *Bursting with Energy* Frank Shallenberger, 2022-03-29 This book could change your life If you apply it it will David Minkoff MD author of The Search for the Perfect Protein Feel younger as you get older Discover the groundbreaking methods in Bursting with Energy that improve your overall energy and health now updated and revised in this second edition Rejuvenate your energy production so you can live long and strong avoid disease and add quality years to your life Dr Shallenberger developed and patented Bio Energy Testing the first and only method to clinically measure how well our cells are extracting energy from oxygen In Bursting with Energy Dr Shallenberger reveals how you can measure and optimize your cellular energy production While most solutions are designed to help ease the symptoms of aging Dr Shallenberger's unique approach allows you to actually slow down the process keeping your energy production high at any age

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