

How To Live To Be 100 With Mrr

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At Last, the Ultimate Secrets of Healthy Heart & Longevity Finally Revealed! - Learn How You Can Add 10-20 More Years To Your Life With the New Discoveries in Medical Science... If you will read this book carefully, and apply the simple, easy-to-follow directions given, it will definitely enable you to accomplish the following:

- 1. ADD YEARS TO YOUR LIFE** How many years depends upon your present age and weight. If you are under 20, for example, you can increase your life-span by as much as 15 years. Even if you are over 60, you can still enjoy more than two golden, "bonus" years. These figures are based upon actual Metropolitan Life Insurance tables, included in this book.
- 2. KNOW WHAT FOOD TO EAT** In addition to prolonging your life by controlling your weight, correct diet can also save you from heart and blood vessel disease. Almost all heart researchers agree that when people who have defective fat metabolism eat a high-fat diet, heart disease often results. In the following pages you will find instructions, in detail, on what to eat to maintain a well-balanced diet and at the same time to avoid fat-rich foods that may undermine your health. Complete daily menus for a period of several weeks are included.
- 3. DISCOVER NEW VITALITY THROUGH DIETARY SUPPLEMENTS** Medical research has discovered a number of important dietary supplements that not only improve the body's general efficiency and well-being but help prevent hardening and blocking of the arteries the condition that sets the stage for heart attacks and strokes. The nutritional supplements combined with vitamins that are described in the following pages can help you overcome fatigue, nervousness, and loss of energy. Medical science has effectively demonstrated that millions of Americans eat three meals a day but are poorly or badly nourished ; many are overweight. Yet they suffer from the symptoms of malnutrition or borderline, subclinical illness. This is often expressed by feelings of tiredness, nervous symptoms, and loss of vitality. The author will describe the results of controlled studies into new products that he and his associates have conducted to prove their effectiveness and safety.
- 4. KNOW WHAT TO DO ABOUT SMOKING** The role that cigarette smoking plays in various diseases has been the subject of intensive research. The discussion of tobacco will answer many of your questions concerning the effect of smoking on the heart and blood vessels.
- 5. KNOW WHAT TO DO ABOUT USING ALCOHOL** The question of alcohol, although

not so important to the prevention and treatment of heart disease as it is to some other physical disorders, is also discussed, and professional advice given for using it safely. 6. PUT SUNSHINE INTO YOUR AUTUMN YEARS It would be only a limited gain if the years added to your life were years of unhappiness or ill health. Therefore, the author has included advice for meeting the special problems of the older years. what foods to eat to improve your mental powers, step up your vigor how to use today's 3 sensational food supplements harmful food cravings and how to overcome them how to take the nuisance out of calorie counting 7 ways to lose weight and keep it lost automatically how going on and off diets does more harm than good how to figure how long you'll live why you may be wasting money on vitamin pills what the "easy, fast" reducing formulas don't tell you how your eyes, heels, elbows warn of arteriosclerosis how to "cook in" the good in foods you eat fantastic health miracles performed with the new wonder food lecithin foods that keep older people from feeling their age how a low-fat intake keeps you off the sick list how food supplements guard against virus infections food secrets of people with outstanding vitality why getting fat is worse than being fat how alcohol can be beneficial in your diet how to survive a heart attack to a ripe old age the truth about tobacco and health how much fatty food is safe for you 5 "golden rules" of nutrition worth more than all the gold in the world

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