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Living Healthy Beyond 120, A Centurion's Plan for Longevity: Healthy Aging Naturally

Mr. Scott Rauvers

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Number of Pages: 388

New Breakthroughs and recent discoveries in the field of natural anti-aging medicines and techniques, including the areas of genetics and cellular regeneration are brought to light in this exciting new book. Written by anti-aging wellness expert Scott Rauvens, founder of EZ3DBIZ.com, this book is the result of over 5 years of researching the most effective natural anti-aging methods available. It also examines the diet of Mr. Li Ching-Yuen who lived to 256 years of age, and examines the diet of Mr. Zaro Agha who allegedly lived to 157 years. By examining their diets and lifestyle, this book recommends a diet, supplementation, detoxification, and hormone boosting method which can be achieved by simply eating a balanced, low-glycemic-index diet, and taking powerful anti-aging herbal nutritional supplements. The rewards of this research include keeping your immune system strong, one of the major threats to aging and proper nutrition to keep your muscular system looking and feeling like it did when you were 20. Scott is the author of 3 other books related to health, wellness and aging and lives in Santa Monica, California.

Read the first 3 Chapters for free at:

ez3dbiz.com/anti_aging.html

Chapter 1. The Power of The Sun and How it Affects Life on Earth
The Sun's Role in Aging
What exactly is A Condition Red Period?
Short Term Bursts of Solar Radiation and Human Health
Electrostatic Fields and Life
Superoxide Dismutase and the Electrostatic Field
Interesting Facts about Electrostatic Fields
The Solar Flux Spectrum and Human Health Explained
How to Predict Killer Bacteria Events
Why The Condition Yellow Has Such a Restorative Effect Upon the Body
Putting It All Together. How to Supercharge The Immune System
What is Inflammation and How to Control It
Preventing and Controlling Inflammation
Alternating Conduits of Energy in the Body
Stimulating the Body for Renewal - How the Process Works
The "Life Force Stimulation Phase"
The Physical Renewal Phase
The "Internal Renewal Period
The Danger Periods

Chapter 2. Longevity
How Light Weight Molecular Substances Contribute to Longevity

Herbs Proven to Extended The Life Span
Herbs that Boost Endurance and Relieve Fatigue
The Herb More Powerful Than Ginseng
The Raw Food / Vegetarian Lifestyle
How to Get Adequate Protein
Foods that boost Cell to Cell Communication
The Superfoods. Less Is More
Super Nutritious Foods and Vitamins
Oxidative Stress and The Sir Gene
How Temporary Bursts of Stress Prolong Life
Geomagnetic Storms
How Foods that Relieve Depression are Longevity Foods
How Foods that Relieve Depression are Longevity Foods
The Power of Alpha Lipoic Acid
Facts about Alpha Lipoic Acid
The Genetic Connection
Gene Protection and Repair
Having the Proper Amount of Uric Acid
How to Remove Excess Uric Acid
How to Generate Life Force In Your Body
Using Toning Sounds And Your Voice To Heal The Body
Longevity "Extracts" and Manufactured Anti-Aging Compounds
Physical Rejuvenation via Chemical Reaction - How Nature Preserves Itself
Honey Has No Expiration Date
The Regeneration Compounds
Examining the Lives of Long Lived Individuals
How Exercise Rejuvenates Cells via Fermentation
Why the Slowest Things in Nature Outlive the Fastest Things

Chapter 3 . Aging and Methods and Techniques To Reverse It
What Causes Aging?
How Can We Prevent or Reverse Aging?
Why An Anti-Aging Pill is Impossible
How to Determine if Your Body is Low in Zinc
How to Heal Toothache and Never Visit the Dentist Again
Five % All Natural Sugar Substitutes
How to Instantly Heal a Toothache
Natural Regeneration of Body Parts
Substances That Mirror The Composition of Our Body also Rebuild It
When It's Too Late to Take Anti-Aging Foods
Preventing Alzheimer's
Why Lecithin is a Powerful Anti-Aging Substance
Why a cure for Alzheimer's will never be possible
The Miracle of the Onion
How Food Affects the Body According to Time of Day
How to Boost Human Growth Hormone Levels Natu

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Elmer Dooley:

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Cindy Coleman:

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Kerstin Torres:

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