



# **Longevity Secrets for Healthy Aging: How to Live to 100 Years of Age with the Body of a Healthy 50-Year Old and the Mind of a 25-Year Old (Wellness Education Series)**

*Red O'Laughlin*

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Aging is inevitable. We all age. However, there are things we can do to slow down the aging processes. Longevity Secrets of Healthy Aging is an educational book. It looks at the two primary causes of aging and what accelerates and decelerates aging. Many books tell you what to do. This book identifies the cause and effect relationships among the various body systems. It tells you why our bodies work the way they do. You have to address the root cause of problems to solve problems. If you treat symptoms, you will always treat symptoms. You have control over many facets of your life. Take control of the aging processes and slow down, shut down and/or reverse as many as you can. There is no reason why you should not have the body of a healthy fifty-year old and the mind of a twenty-five-year old when you reach one hundred years of age. Is this a promise? No, but, the recommendations provided in this educational book will allow you to fight aging on a level playing field.

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