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Tue, 10 Jul 2018 12:46:00 GMT - The clinically proven answer is yes, and The Longevity Diet is easier to follow than you'd think. The culmination of 25 years of research on aging, nutrition, and disease across the globe, this unique program lays out a simple solution to living to a healthy old age through nutrition.

The Longevity Plan - Audiobook | Audible.com -

Fri, 18 May 2018 12:59:00 GMT - The Longevity Diet Plan, is a collection of practical eating guidelines that will help you be successful in changing your eating patterns in just one month. Eating healthier can become an obsession or sticking to a specific diet only makes eating more arduous and stressful than it should be.

A Simple Diet Plan for Longevity and Anti Aging -

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life. My research with laboratory animals has shown that a nutrient-rich, calorically reduced diet slows the aging process, decreases age-related mortality, and increases longevity.

The Longevity Diet -

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