

How Long Does This Last A Comprehensive Guide To Storing Food In Your Fridge



BOOK DETAILS

- Author : Michelle C. Henley
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BOOK SYNOPSIS

A comprehensive guide to living a long and healthy life. Based on accepted scientific research, How to Live to 110 gives a clear, detailed and frank account of how we are shortening our lives and ways to change things for the better. Hardly anyone actual dies of old age, they die from disease - and most of these to varying degrees can be prevented. In fact, the modern lifestyle is often the major contributing factor. Every day, most of us are helping to bring about our early death. With small adjustments to what we eat, drink and do, we can potentially live to be 110 without the need for any m.

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