

# How To Live To Be A Hundred

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Would you like to live to be One Hundred? The Ultimate Secrets of Healthy Heart & Longevity Finally Revealed! - Learn How You Can Add 10-20 More Years To Your Life By Reversing Arteriosclerosis & Curing Bad Habits. If you are under 20, 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 by following the advice in this life-changing book! Dear Friend, At long last, you can live to be 100! Here are the six things that this information will do for you: You may well ask "What will this book do for me?" or to paraphrase Ben Franklin, "Can it bring me health (which is really wealth), happiness, and wisdom?" It can, for many reasons. A growing number of books for laymen on the subject of health have appeared in the past decade. Never before has there been such widespread popular interest in medical science. Much of this interest has been motivated by the unprecedented advances in medical research that have been made in our time. One discovery has led rapidly to another and many old views are radically changed. New information, new diagnostic tools, and new drugs have provided new answers to many old problems that were believed to be without solution. Even the practicing physician cannot always keep abreast of these swift developments in medical progress. He cannot take time from treatment of his patients to evaluate all reports of new findings and new products that daily flood his office. At the same time, he cannot shirk the traditional responsibility of the physician to teach the public how to prevent illness and how best to treat it when it occurs. The answer, therefore, seems to lie in a division of labor among doctors. Each should contribute to the nation's health literature information on the particular phase of medicine about which he is best qualified to speak. Such information, whether derived from research or from his daily practice, should be as reliable and as safe as a prescription. Not all books appearing today even those written by physicians come up to this high standard. Many are written merely to entertain, to exploit some medical novelty, or sometimes to enhance the prestige of the author. In preparing the following work for the general reader, the author has aimed at a twofold objective: to prolong your life and to save you from crippling or fatal heart disease resulting from hardening of the arteries. The information offered here is based upon the writer's 25 years of medical practice, extensive research, and clinical experience. The

low-fat diet, weight reduction, and nutritional program presented in this book are not a panacea for all illnesses. They are not a get-healthy-quick nostrum or cure for everything that ails you. However in the opinion of the author and a large number of scientists and physicians, these measures are the most effective known to prevent and treat hardening of the arteries or arteriosclerosis, today's greatest cause of sickness and death. There are unquestionably other still unknown causes of hardening of the arteries in the heart, brain, and other vital tissues of the body. Not only is there little or nothing known about them, but there is no effective remedy other than those presented in the following pages. At this very moment, countless research scientists and physician-investigators are searching the unknown in the life-or-death quest for the various causes and the cure for arteriosclerosis. If this miraculous discovery should come to pass, the way of eating and living described in this book may become of historical interest only. But, until that day of more perfect knowledge arrives, I believe we should, in all good conscience, use the most perfect tools that we now have, namely the dietary and nutritional tools set forth in this book. The mounting evidence that they can save the lives and health of countless victims is now too powerful to allow us to stand by and wait for the perfect cure or the therapeutic millennium. 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. The writer believes that a longer, happier life will be yours if you make a whole-hearted effort to absorb and follow the directions given here. Like most worthwhile undertakings, it will take patience and time. But the results are so vital to you and to your loved ones, that your utmost efforts can reward you with a rich harvest of health and extra years of happy living.

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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