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Look Younger Live Longer

Boris Kachka



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Look Younger, Live Longer Francisco Contreras, 2016-06-07 Are you a baby boomer facing the hard facts of aging in your own life Or are you young and determined to stay that way for as long as possible Genesis 6 3 suggests that God set the human life span at one hundred twenty years Breakthrough scientific research has unlocked many of the secrets of aging proving the biblical age limitation to be correct Dr Francisco Contreras offers proven research that will improve your health and perhaps reverse any illness or disease once and for all According to Dr Contreras you have the power right now to greatly increase your life span and to feel better and look younger *Look Younger, Live Longer* Gayelord Hauser, 1951

Look Younger, Live Longer Francisco Contreras, 2016 Dr Francisco Contreras offers proven research that will improve your health **Live Longer Look Younger with Herbs** Diane Robertson, Olive Forrester, 1990 *Balancing the self* Mark Jackson, Martin D. Moore, 2020-03-05 This electronic version has been made available under a Creative Commons BY NC ND open access license Many health environmental and social challenges across the globe from diabetes to climate change are regularly discussed in terms of imbalances in biological ecological and social systems Yet as contributions to this collection demonstrate while the pressures of modernity have long been held to be pathogenic strategies for addressing modern excesses and deficiencies of bodies and minds have frequently focused on the agency of the individual self knowledge and individual choices This volume explores how concepts of balance have been central to modern politics medicine and society analysing the diverse ways in which balanced and unbalanced selfhoods have been subject to construction intervention and challenge across the long twentieth century Through original chapters on subjects as varied as obesity control fatigue and the regulation of work and the physiology of exploration in extreme conditions *Balancing the self* explores how the mechanisms and meanings of balance have been framed historically Together contributions examine the positive narratives that have been attached to the ideals and practices of self help the diverse agencies historically involved in cultivating new balanced selves and the extent to which rhetorics of empowerment and responsibility have been used for a variety of purposes from disciplining bodies to cutting social security With contributions from leading and emerging scholars such as Dorothy Porter Alex Mold Vanessa Heggie Chris Millard and Natasha Feiner *Balancing the self* generates new insights into emerging fields of health governance subjectivity and balance An electronic edition of this book is freely available under a Creative Commons CC BY NC ND licence *Internet Guide to Anti-Aging and Longevity* Elizabeth Connor, 2006-02-02 Quickly and easily find anti aging and health strategies on the Internet Even the most sophisticated Web surfer can become frustrated searching for specific health information on the Internet The *Internet Guide to Anti Aging and Longevity* tackles this problem by providing a comprehensive compilation of annotated links on health **Look Younger and More Attractive In 7 Days or Less** Beverly Paul, 2012-09-07 **Look Younger, Live Longer** Benjamin Gayelord Hauser, 1960

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