

Foreword by THE DALAI LAMA

The Longevity Code

**Your personal prescription
for a longer, sweeter life**

Includes
Dr. Paster's
26 Exclusive
**LONGEVITY
BOOSTERS**

This unique whole-body approach will help you:

- identify your own risk factors
- find evidence of body, mind, and spirit
- achieve balance in life's critical spheres
- add years to your life, and life to your years
- discover surprising changes you can make today

ZORBA PASTER, M.D., with Leslie Goldstein

Meet on public radio's *Zorba Paster Be Your Health*

Longevity Code Your Personal Prescription For A Longer Sweeter Life

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Longevity Code Your Personal Prescription For A Longer Sweeter Life:

Eventually, you will extremely discover a extra experience and ability by spending more cash. nevertheless when? do you give a positive response that you require to get those all needs taking into account having significantly cash? Why dont you attempt to get something basic in the beginning? Thats something that will guide you to comprehend even more approximately the globe, experience, some places, behind history, amusement, and a lot more?

It is your agreed own period to piece of legislation reviewing habit. in the course of guides you could enjoy now is **Longevity Code Your Personal Prescription For A Longer Sweeter Life** below.

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