






Risk Factors and Life Expectancy Gains

Risk Factor		YEARS GAINED	
		Women	Men
smoking		2.39	3.20
high blood pressure		2.92	2.50
excess body weight		2.21	2.30
high blood sugar		1.38	1.57
low physical activity		1.39	1.27



Longevity Factor

L Towne



Longevity Factor:

Longevity Factor Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Longevity Factor**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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