



Longer Life

Festus Akinnifesi



Longer Life:

The Longevity Puzzle: Unraveling the Secrets of Longer Life Pasquale De Marco, 2025-03-22 In *The Longevity Puzzle: Unraveling the Secrets of Longer Life* we embark on an enthralling journey into the science strategies and stories behind human longevity This comprehensive guide delves deep into the factors that influence our lifespan and provides practical insights into how we can optimize our health and well being for a longer more fulfilling life With captivating storytelling and the latest scientific research this book unravels the complexities of aging revealing the intricate interplay between genetics lifestyle environment and emotional well being Discover the secrets of exceptional longevity from individuals who have defied the odds and achieved remarkable lifespans Explore the impact of nutrition exercise sleep stress management and social connections on our health and longevity Learn how to create a personalized longevity plan that aligns with your unique needs and goals Beyond the science this book delves into the profound impact of our social cultural and environmental contexts on our longevity We examine the link between socioeconomic status access to healthcare and health outcomes highlighting the importance of equity and justice in achieving a longer healthier life for all With thought provoking insights and inspiring stories *The Longevity Puzzle* challenges us to rethink our assumptions about aging and empowers us to take control of our health destiny This book is an essential resource for anyone seeking to live a longer happier and more fulfilling life If you like this book write a review

Living the Good Long Life Martha Stewart, 2013-04-23 Martha Stewart's engaging handbook for living your healthiest life after 40 with expertise from doctors and specialists on eating exercise wellness home and organizing as well as caring for others Martha Stewart's *Living the Good Long Life* is a practical guide unlike any other honest and upbeat with clear and motivating charts resources and tips from doctors and wellness specialists From the best ways to organize your home to protecting your mental well being and appearance as you age this book gives accessible ideas that you can incorporate every day And when it's time to explore caregiving for others you'll know how to enrich their quality of life while preventing your own fatigue Martha's 10 Golden Rules for Successful Aging provide a framework for chapters that cover your changing needs with every decade including Healthy Eating Stock a healthy pantry for your dietary needs Healthy Fitness Stand strong on your feet by increasing your balance endurance and flexibility A Healthy Brain Stimulate new brain activity to prevent memory loss A Healthy Outlook Maintain a sense of daily purpose by strengthening social connections Healthy Living Every Day Medicate wisely while paying attention to aches and pains Healthy Looks Take care of your skin and match your makeup to your age Healthy Home Create a home that is a reflection of how you want to live Healthy Living into the Future Be your own wellness CEO to prevent future illness Healthy Caring Prepare for helping others while caring for yourself and much more Healthy living begins with establishing small habits and with *Living the Good Long Life* you'll have a dependable source for thriving in your 40s 50s 60s and beyond In my Foundation's health initiatives and in my own life I've seen again and again how even small measures to improve your health can make a big difference *Living the*

Good Long Life is full of simple ideas that can be incorporated into daily routines to help you feel better and keep on doing what you love President Bill Clinton For thirty years Martha Stewart has carefully coached us on how to take care of our homes our menus our crafts And now in Living the Good Long Life she has brought her brilliant skills to the mission of helping us take care of ourselves With sparkling prose no nonsense instruction and as always oceans of wisdom Martha implores readers not to recoil from their advancing years but to embrace and celebrate them with invaluable tips on keeping our diets healthy our bodies pumping and our outlook forever sunny I just loved this book Marlo Thomas *Younger for Longer* Dr Duncan Carmichael, 2018-12-06 Revelatory and accessible Sunday Post Dr Carmichael has studied nutrition hormone balancing and aesthetic medicine and his passion on which he lectures globally is healthy ageing His approach in his fascinating new book *Younger for Longer* is scientific and holistic The Times Be good to yourself *Younger for Longer* features wisdom on nutrition sleep mood regulation and most importantly hormonal health for men and women Scotsman I have not stopped learning on my Low Carb Healthy Fat journey *Younger for Longer* continues that process for me with an incredibly well referenced text It s refreshing to see the balance of nutrition and lifestyle discussed in such an informed and robust manner Gary Fettke orthopaedic surgeon health activist and author *Younger for Longer* tells you exactly what you need in order to live an extended healthy life It s very 80 20 and one of the best books I ve read in ages Richard Koch author of million seller *The 80 20 Principle* Fascinating Packed with the most incredible information about health Radio Today South Africa Offers valuable honest and solid medical insights into how you can age better It is without doubt one of the best books I have read in my many years as a health activist Longevity magazine Targeted at the general reader the goal of this book is to show readers how to live a healthy life free from the debilitating effects of ageing helping them to stay mentally alert and physically active and making sure they get the most out of all of their years It reveals practical steps to slow the ageing process and stay healthy in short how to stay younger for longer With research showing that obesity nutrition and lifestyle illnesses can hamper our body s response to Covid 19 such advice has become even more crucial in reducing Covid 19 risk factors The key is to aim for optimal health However focussing on one factor alone will not get us there Our sleep our mood what we eat our detoxification system and our hormones are just some of the factors that interact in amazing ways to make us who we are they are also at the very heart of the ageing process This book shows how these different strands combine in ways that can be positive or negative and explains why this interaction depends far more on the lifestyle we choose than on the genes we inherit In that way it gives the reader a unique and comprehensive understanding of their body and tells them how with this knowledge they can optimise their health The topics range from nutrition toxins men s health and women s health to understanding why our skin brain and liver age and how to undo the damage and stave off ageing But the book s main focus underlying all of this is hormones the chemicals that tell different parts of our body what to do Our hormone levels vary throughout our life but if they are supported correctly they can keep us youthful and vital into our final years

Finding health then is not about seven ways to detox or the five best vitamins The body is far more complex than that and in an approach aimed specifically at the layperson Younger for Longer traces the exciting path of how the body works to help the reader create the best person they can be for the rest of their life **Long-Life Surfaces for Busy Roads** International

Transport Forum,2008-04-15 Explores the feasibility of using epoxy asphalt and high performance cementitious materials which are more expensive but last longer and require less maintenance than conventional materials for high traffic roads

Economic Evaluation of Long-Life Pavements Phase 1 European Conference of Ministers of Transport,2005-03-18 With maintenance costs accounting for a large proportion of road budgets this report assesses the economic and technical feasibility of innovative wearing courses for long life road pavements While having higher initial costs such wearing courses

A Brief Report on the Status of Long-life Cardiac Pacemaker Development National Heart and Lung Institute,1973

Early Vascular Aging (EVA) Michael Hecht Olsen,Peter M Nilsson,Stephane Laurent,2015-08-06 Early Vascular Aging EVA New Directions in Cardiovascular Protection brings together the last decade of research related to the characterization of EVA as well as the predictive power of pulse wave velocity PWV The book presents a novel approach to the problem of cardiovascular disease showing it in relation to great vessels disease and revealing a comprehensive approach to the problem of increased rigidity of the great vessels its causes and further consequences Information provided is accompanied by online access to a supplemental website with video clips of anatomic specimens cardiac imaging and surgical procedures Introduces the latest information on early vascular aging EVA complete with summaries of recent evidence and guidelines for relevant risk factor control Ideal reference for the study of vascular aging pulse wave velocity arteriosclerosis EVA arterial stiffness vascular PWV biomarkers and cardiovascular disease Contains all the relevant information available from different fields of knowledge from basic biology to epidemiology in regard to EVA Provides evidence that leads to a new target for interventions early vascular aging EVA in subjects with early onset increased arterial stiffness Includes online access to a supplemental website with video clips of anatomic specimens cardiac imaging and surgical procedures **Divine Healing** Festus

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