

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 three 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

R Sandford



Longevity Code Your Personal Prescription For A Longer Sweeter Life:

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