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

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

This unique whole-body approach will help you:

- identify your own risk factors
- find wellness 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 SUSAN MELTSNER

Host of Public Radio's *Zorba Paster on Your Health*

Longevity Code Your Personal Prescription For A Longer Sweeter Life

Joy Clary Brown,A. Randall Moss



Longevity Code Your Personal Prescription For A Longer Sweeter Life:

The Longevity Code Zorba Paster, Susan Meltsner, 2001 We re all interested in living a long life but few of us are willing to sacrifice everything to attain that longevity After all what good is living an additional decade at the expense of enjoying the previous ones Far from being just another off putting list of strict prohibitions this book zeroes in on the key factor for optimal longevity balance Dr Paster introduces us to the five spheres of wellness the physical mental kinship social spiritual and material spheres Within each of these he pinpoints the most threatening busters those lifestyle aspects that will sooner or later kill you And for each buster he recommends the most advantageous boosters habits that will counteract the buster and not only extend your life but also improve your quality of living The Longevity Code is the long awaited comprehensive guide to health care for the next century striking the perfect balance between a healthful diet and a soul satisfying meal with friends between growing old gracefully and living life to the fullest *Live Longer and Love Life* Joy Clary Brown, A. Randall Moss, 2007-04

Merging medical science with biblical principles this text details the longevity principles in this life that are supported by the latest medical research Practical Life **Aging in America** Lawrence R. Samuel, 2017-01-31 Aging is a preoccupation shared by beauty bloggers serious journalists scientists doctors celebrities arguably all of adult America given the pervasiveness of the crusade against it in popular culture and the media We take our youth oriented culture as a given but as Lawrence R Samuel argues this was not always the case Old age was revered in early America in part because it was so rare Indeed it was not until the 1960s according to Samuel that the story of aging in America became the one we are most familiar with today aging is a disease that science will one day cure and in the meantime signs of aging should be prevented masked and treated as a source of shame By tracing the story of aging in the United States over the course of the last half century Samuel vividly demonstrates the ways in which getting older tangibly contradicts the prevailing social values and attitudes of our youth obsessed culture As a result tens of millions of adults approaching their sixties and seventies in this decade do not know how to age as they were never prepared to do so Despite recent trends that suggest a more positive outlook getting old is still viewed in terms of physical and cognitive decline resulting in discrimination in the workplace and marginalization in social life Samuels concludes Aging in America by exhorting his fellow baby boomers to use their economic clout and sheer numbers to change the narrative of aging in America **Mind-Body Health and Healing** Andrew

Goliszek, 2014-10-13 Today more than ever people are taking charge of their health and want to know about effective alternative treatments in order to heal themselves and avoid costly medical procedures Dr Goliszek provides easy to follow directions you need to harness the healing power that exists within your own brain Mind Body Health and Healing shows how to use the power of the mind body connection to not only relieve stress but to prevent disease and strengthen the immune responses that trigger healing Brimming with expert guidance practical tips new scientific breakthroughs and the latest research findings this book will forever change the way you approach your health Andrew Goliszek PhD is an associate

professor of anatomy and physiology at North Carolina A T State University During the past twenty five years he has been both principal investigator and co investigator on several National Institutes of Health biomedical grants Goliszek is a recipient of the prestigious College of Arts Sciences Faculty of the Year Award He is the author of two previous books 60 Second Stress Management New Horizon Press 1993 and 2004 and In the Name of Science St Martin s Press 2003

A Doctor in Little Lhasa: One Year in Dharamsala with the Tibetans in Exile Holtz, 2009-02 Required reading for students searching for a connection between medical training and social justice Timothy Holtz s intimate recounting of a year spent serving Tibetan refugees in India describes his struggles with being unable as one young physician with only a year to spend to fix the many wrongs he witnessed Holtz concludes that practicing good medicine whether in a modern city or an impoverished refugee community is far more complex than opening up a magic bag and handing out its contents Although Holtz may not be aware of it his memoir is a testament to the fact that he did in fact learn to practice good medicine and he has been at it ever since His year in Little Lhasa led Holtz to deepen his understanding not only of clinical medicine but of the social roots of disease and of the indivisibility of health and human rights broadly conceived Students and practitioners alike will find this book inspiring Paul E Farmer Presley Professor Harvard Medical School and Co founder Partners in Health Timothy Holtz s account is no romance about the joys of practicing medicine among Tibetan exiles in northern India It is rather about people s suffering from diseases that should easily be prevented a doctor s efforts to provide good care without the resources he should have and a community s struggles to cope with the consequences of torture Even more important for the practice of medicine it is a story of how a doctor s duty to take care of patients is quite inseparable from seeking to protect their human rights Len Rubenstein Executive Director Physicians for Human Rights Open this book to find a wonderful story about a transformative journey for a young physician Timothy Holtz went to India with a purpose to help Tibetan refugees in their struggle for a better life and better health Little did he know how much his year working in a small hospital with few resources would change the trajectory of his life Filled with stories that are both compassionate and humbling it reminds us all that changing the world happens one person at a time Zorba Paster Professor of Family Medicine University of Wisconsin School of Medicine and Public Health and Author of The Longevity Code Your Personal Prescription for a Longer Sweeter Life In this warm and sensitive memoir Timothy Holtz portrays the challenges confronting the Tibetan exile community in Dharamsala as it struggles to preserve its culture and traditions In recounting heartwarming stories of illness and healing Holtz also reveals his own personal path of growth and discovery as a physician The episodes he tells are sobering but also inspiring such as fighting drug resistant tuberculosis in newly arrived refugees and assisting nuns who survived torture in their native Tibet only to face the hardships of an unfamiliar country I recommend this book for anyone interested in better understanding the lives of Tibetans in exile as they fight to survive and to safeguard their traditional culture and human dignity Geshe Lobsang Tenzin Negi Director Emory Tibet Partnership and Spiritual Director Drepung

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Army,2002-02 Books in Print Supplement ,2002 **Bibliographic Index** ,2004

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Table of Contents Longevity Code Your Personal Prescription For A Longer Sweeter Life

1. Understanding the eBook Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - The Rise of Digital Reading Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Advantages of eBooks Over Traditional Books
2. Identifying Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - User-Friendly Interface
4. Exploring eBook Recommendations from Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Personalized Recommendations
 - Longevity Code Your Personal Prescription For A Longer Sweeter Life User Reviews and Ratings
 - Longevity Code Your Personal Prescription For A Longer Sweeter Life and Bestseller Lists
5. Accessing Longevity Code Your Personal Prescription For A Longer Sweeter Life Free and Paid eBooks
 - Longevity Code Your Personal Prescription For A Longer Sweeter Life Public Domain eBooks
 - Longevity Code Your Personal Prescription For A Longer Sweeter Life eBook Subscription Services
 - Longevity Code Your Personal Prescription For A Longer Sweeter Life Budget-Friendly Options

6. Navigating Longevity Code Your Personal Prescription For A Longer Sweeter Life eBook Formats
 - ePub, PDF, MOBI, and More
 - Longevity Code Your Personal Prescription For A Longer Sweeter Life Compatibility with Devices
 - Longevity Code Your Personal Prescription For A Longer Sweeter Life Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Highlighting and Note-Taking Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Interactive Elements Longevity Code Your Personal Prescription For A Longer Sweeter Life
8. Staying Engaged with Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Longevity Code Your Personal Prescription For A Longer Sweeter Life
9. Balancing eBooks and Physical Books Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Longevity Code Your Personal Prescription For A Longer Sweeter Life
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Setting Reading Goals Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Fact-Checking eBook Content of Longevity Code Your Personal Prescription For A Longer Sweeter Life
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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