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# Lower Your Pulse And Live Longer

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## **Lower Your Pulse And Live Longer:**

**Live Better, Live Longer** Philip Selby, 2014-03-20 The first edition of this book entitled A Guide to Successful Aging was published in English French German Spanish and Japanese and tens of thousands of copies were sold It has now been completely revised People today live longer than ever before This increasing longevity is of vital importance a unique opportunity to plan constructively for one's later years This book can help you to do so Have you thought seriously about preparing for the later part of your life Do you know how to cope with disabilities which may occur as you grow older Are you caring for or considering caring for an elderly person If so do you know what is involved and how to manage This book provides detailed practical advice which can help you and someone you care for to live better live longer **Help Yourself to Live Longer** Paul Jenner, 2010-11-26 This book is designed as a ten step guide that will add ten healthy happy years to your life It offers sound advice on health and fitness issues and will cover diet and relaxation in addition to such emotional issues as happiness love and spirituality It is all based not on guru driven theories of bizarre diets or exercise routine but on common sense and positive thinking twinned with information that is both practical and supported widely by the scientific and medical communities The tone is positive and encouraging throughout there are also plenty of opportunities for you to interact with the book through features such as quizzes self test boxes and exercises Teach Yourself the world's leading learning brand is relaunched in 2010 as a multi platform experience that will keep you motivated to achieve your goals Let our expert author guide you through this brand new edition with personal insights tips energising self tests and summaries throughout the book Go online at [www.teachyourself.com](http://www.teachyourself.com) for tests extension articles and a vibrant community of like minded learners And if you don't have much time don't worry every book gives you 15 and 10 minute bites of learning to get you started A flexible guide that will add ten happy and healthy years to your life Designed for readers of all ages backgrounds and abilities you make the changes you want to make and you can make them now All the advice is based on scientific and medical research with plenty of wisdom and commonsense Not just about your health and fitness this book also covers relationships love and spirituality Lots of interactive exercises and sample tips **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

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 measures to improve your health can make a big difference Living the Good Long Life is full of simple ideas that can be  
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 years Martha Stewart has carefully coached us on how to take care of our homes our menus our crafts And now in Living the  
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 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 *Lower Your Blood Pressure in Eight Weeks* Stephen T. Sinatra, 2008-11-26  
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 50 million Americans suffer from high blood pressure and yet despite the billions we spend on medication the death rate from  
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taps into various disciplines cardio workouts resistance training balance and core conditioning martial arts and Pilates An easy diet featuring delicious choices that any man can follow along with rules for eating out and sample recipes for the single or married guy A simple nutrient supplement regimen highlighting the top supplements men may need to halt and even reverse the aging process A prudent guide to male hormone replacement therapies based on the most up to date research Lessons on how to get your doctor to provide the care you deserve How to sidestep America s disease based approach to medicine and fuel optimal health And much more By following this program you can once again enjoy an active clear headed sexually satisfying vigorous and health filled life while avoiding late onset diabetes heart disease and other common illnesses and complaints of aging For men seeking to make over their bodies and turn back the clock The Life Plan delivers the keys to a fitter body a stronger immune system and a richer fuller life      *Living with Your Heart and Lungs* Glenn Obst, Stanley Bryant, 2008-07-28 The field of cardiopulmonary medicine heart and lungs becomes more complex with every pandemic each new disease like Swine Flu H1N1 and each medical breakthrough Understanding the scope of your care and available treatment options has become staggering With the imminent changes to our healthcare system it is paramount that patients today become informed medical consumers You your family and loved ones will have limited financial reimbursement resources to spend on medical care each year Between advancements in medicine and the lack of control in medical malpractice law suits your healthcare provider is forced to practice defensive medicine This practice has made medical care tremendously expensive You and your loved ones must become informed medical consumers in order to spend your medical funds wisely This book is your vital source of trusted information conveniently presented in words that you and your loved ones can understand in order to make informed medical decisions      **Living By Design** Larry R. Creveling, 2010-08-24 The human species has thrived because we were healthy and able to adapt to a variety of changes throughout our history Our health today is deteriorating under the influence of accelerating change to where we may not be prepared to continue to thrive unless we look to our past and identify lessons that may be fundamental for not only our continued survival as a species but to live healthier and more productive lives Living By Design identifies why we have been successful and what we must do to continue to be successful as individuals and as a species As a practical guide it offers conclusions not ordinarily found in other health books Many ideas presented are confrontational and meant to move the reader to question further and take action to change While the laws of our design for health are quite simple returning to principles of our design is challenging A return to living by design requires discipline but the rewards outweigh the suffering we may avoid by living otherwise      **Fitness for Life** Dolly Lambdin, Charles B. Corbin, Guy C. Le Masurier, Meg Greiner, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition Includes lesson plans for physical education physical activities for the classroom and whole school events and activities      *The 10 Secrets Of*

*Healthy Ageing* Patrick Holford, Jerome Burne, 2012-04-05 Life expectancy is increasing but this is only good news if you stay well and can enjoy it The 10 Secrets of Healthy Ageing draws on the latest research findings and the health secrets of long lived people to outline the diet and lifestyle that will help you stay healthy look younger and feel great as you age It explains how your body changes as you age and what you can do to avoid the illnesses of old age as well as the aches pains poor sleep and eyesight deterioration that many believe are an inevitable part of ageing It also shares the secrets of staying as fit and as mentally alert as possible for as long as possible Comprehensive fascinating and practical The 10 Secrets of Healthy Ageing will help you enjoy better health and stay drug free as you age

**Life with Diabetes** Martha Funnell, 2014-08-05 Life With Diabetes is a series of teaching outlines developed and tested by the Michigan Diabetes Research and Training Center affiliated with the Department of Medical Education of the University of Michigan Medical School Previous editions of this teaching curriculum have been used by thousands of educators in diabetes clinics throughout North America to help their patients understand and live with the many challenges of diabetes Each of the 22 topical chapters are detailed guides that give all the information an educator needs to cover a topic completely yet allows each educator to speak to their patients in his or her own voice at a pace that is appropriate for each individual and class Each topical chapter includes illustrations that can be used to show and teach important concepts e g carbohydrate counting and how to manage stress and necessary daily tasks e g monitoring blood glucose and meal planning There is also an extensive support material section that helps educators manage their educational programs Life With Diabetes is the one book that every diabetes educator and clinic must have to provide complete and accurate health care to their diabetes patients

**Letting Go of Your Anxiety and Stress Postpartum** Abby Ayoola-Williams, 2022-06-08 Letting go of your anxiety and stress is your guide to to having better mental health postpartum

*Live Longer, Live Better* Peter H. Gott, 2004-09-30 Dr Peter Gott combines the empathy of an old fashioned family doctor with the outspoken fervor of a patients rights advocate in this comprehensive guide that is a turn to resource for those with health concerns Dr Gott responds to readers medical questions with sensitivity and accuracy and is praised for his knowledge of medicine and his warm compassionate style

**AARP New American Diet** John Whyte, MD, 2012-11-27 Weight loss for grownups Drawing on the NIH AARP Diet and Health Study the largest ever survey of American diet and lifestyle Complete with three prescriptive weight loss plans the AARP New American Diet helps you lose up to 10 pounds in 2 weeks while staying vital happy and healthy for a lifetime Author John Whyte MD Chief Medical Expert for the Discovery Channel reveals surprising new research insights such as the fact that drinking diet soda and eating fat free foods can actually lead to weight gain Filled with practical advice and listing the top 25 diet busters and the top 25 diet boosters this breakthrough book combines the best of the Mediterranean diet and the American diet and includes up to the minute guidelines on meat alcohol fat sugar and fiber consumption Drawing on the NIH AARP Diet and Healthy Study the largest ever research project on American diet and lifestyle Packed with simple practical advice you can put to work right

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