

HOW TO ENJOY YOUR OLD AGE—AND NOT DREAD IT!
A BLUEPRINT FOR PHYSICAL AND MENTAL FITNESS
EVERY DAY OF YOUR LIFE

NUTRIENTS TO AGE WITHOUT



Senility

ABRAHAM HOFFER, M.D., PH.D.,
and MORTON WALKER, D.P.M.
Introduction by
ROGER J. WILLIAMS, PH.D.

Nutrients To Age Without Senility Pivot Original Health

Robert R. Redfield



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Nutrients to Age Without Senility Abram Hoffer, Morton Walker, 1980 Argues that senility is basically a form of malnutrition and offers nutritional guidelines to help prevent the debilitating affects of old age **Monographic Series**
Library of Congress, **National Union Catalog, 1981** ,1982 **National Union Catalog** ,1981 Includes entries for
maps and atlases *Subject Catalog, 1981* Library of Congress,1981 **The Cumulative Book Index** ,1981 A world list of
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