

Download Ageing Well A Guide To Rejuvenation And Longevity

Grow Youthful is packed with information drawn from many different sources. It provides a very convenient and comprehensive guide for anyone interested in prolonging their life and maintaining (or regaining) their ability to enjoy it to the full. Longevity FAQ: A beginner's guide to longevity research Hi! I'm Laura Deming, and I run Longevity Fund. I spend a lot of time thinking about what could increase healthy human lifespan. Sit down on the floor with your legs straight out in front of you and your feet about 12" apart. With the trunk of the body erect, place the palms of your hands on the floor alongside your buttocks. This article's tone or style may not reflect the encyclopedic tone used on Wikipedia. See Wikipedia's guide to writing better articles for suggestions.