

Mastering The Stoic Way Of Life English Edition

Manage 10 Factors Easily & Add 15 Years to Life - English
English for Life 1 German and English
Lessons in English The English Reports The English Illustrated Magazine The dictionary of English history, ed. by S. J. Low and F. S. Pulling The Change of Life in Health and Disease Monthly Packet of Evening Readings for Members of the English Church (earlier "for Younger Members of the English Church") History of English Literature A Greek-English Lexicon English Mechanic and Mirror of Science The First Printed English New Testament English Mechanic and Mirror of Science and Art Catalogue of books in the library of the University of Sydney Early English Text Society Anglo-Saxon and Old English Vocabularies: Vocabularies Chambers's Cyclopædia of English Literature Bookseller and the Stationery Trades' Journal Turning Points of English Church History Dr. S. Om Goel (MD / DM USA) Cecil Gray Felix Flügel Sara Elisabeth Husted Lockwood English history Edward John Tilt Hippolyte Taine Henry George Liddell Edward Arber Sydney univ, libr Thomas Wright Robert Chambers Edward Lewes Cutts

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in 2020 there is only one reason for the sudden death and that is heart attack that too can be postponed by 15 30 years with 3 basic tests similarly there are other factors also which decrease our lifespan for example if we smoke then we will get lung cancer in 20 years if we drink excessively liver will fail in 20 years if hba1c 10 11 or blood sugar is approx 300 with no symptoms then kidney will fail in 15 years if we exercise everyday we can delay memory loss if we do knees exercise they will be good till 70 75 years if we have high cholesterol with no symptoms it will dramatically increases the risk of heart attack increased bp with no symptoms will lead to sudden stroke where half of the body gets paralyzed right side of the body gets paralyzed and patient loses speech also in our day to day life we have simple steps to deal with these conditions as we have simple yearly tests available we must have awareness about all these tests if we get these regular tests done at recommended interval and maintain our numbers within the normal range then we can add 15 30 years healthy to our life and extend lifespan up to 85 years

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