

## Mastering The Stoic Way Of Life English Edition

Manage 10 Factors Easily & Add 15 Years to Life - English German and English English for Life 1 The English Reports The English Illustrated Magazine The Change of Life in Health and Disease Lessons in English English Mechanic and World of Science English Monastic Life A Greek-English Lexicon English Mechanic and Mirror of Science and Art National and English Review Chambers's Cyclopædia of English Literature Monthly Packet of Evening Readings for Members of the English Church (earlier "for Younger Members of the English Church") The dictionary of English history, ed. by S. J. Low and F. S. Pulling History of English Literature English Mechanic and Mirror of Science An English Garner The English Utilitarians The Bookman Dr. S. Om Goel (MD / DM USA) Felix Flügel Cecil Gray Edward John Tilt Sara Elisabeth Husted Lockwood Francis Aidan Gasquet Henry George Liddell Robert Chambers English history Hippolyte Taine Edward Arber Leslie Stephen

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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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