

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 The English Illustrated Magazine The English Reports 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") A Greek-English Lexicon English Writers History of English Literature English Mechanic and Mirror of Science Chambers's Cyclopædia of English Literature English Mechanic and Mirror of Science and Art A Complete Latin-English and English-Latin Dictionary Catalogue of books in the library of the University of Sydney National and English Review Bookseller and the Stationery Trades' Journal Public Opinion The English in America: The Puritan colonies Dr. S. Om Goel (MD / DM USA) Cecil Gray Felix Flügel English history Edward John Tilt Henry George Liddell Henry Morley Hippolyte Taine Robert Chambers John Tahourdin White Sydney univ, libr John Andrew Doyle

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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 knee exercises 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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