

Longevity Training, Book 8 - Physical Body Health

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Synopsis

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| inLanguage | english | |

This audiobook is a transcription and reproduction of the training course materials from Course #8, *Physical Body Health*. *Physical Body Health* is the longest course in this longevity-training program.

It consists of three sections:

- A) Supplements and herbs for longevity
- B) Diets and lifestyles of long-lived people
- C) Longevity-related weight and exercise

These three areas are some of the most important aspects of caring for your physical body to improve your longevity.

Reader's comments

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