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Longevity Through Naturopathy - Tips and Techniques to Keep Young Longer (Paperback)

By Dueep Jyot Singh, John Davidson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Longevity Through Naturopathy - Tips and Techniques to Keep Young Longer Table of Contents Introduction to Aging Introduction to Naturopathy Longevity Tips Ginseng Alfalfa Bee pollen Brahmi- Bacopa Diet foods/supplements for longevity Almonds Apples Cabbages Honey Garlic and onions Sunflower seeds Wheat Sprouts Yogurt How to Make Traditional Yogurt Traditional Buttermilk What Are the Health Benefits of Buttermilk? How Do You Make Traditional Buttermilk? Digestive Buttermilk Salty Buttermilk Spicy Salt Making Butter Out Of Cream Traditional Clarified Butter - Desi Ghee Conclusion Clay Pot Cookery Author Bio Publisher Introduction to Aging They tell us that Methuselah lived 900 years. But then at that time longevity was the rule and not the exception. This process of growing old chronologically is a normal process of life. It occurs in every living thing present in nature. External factors also age nonliving things with the passage of time. A person is called old on the basis of his chronological age. That is why in the 21st century, anyone who has passed the age of three score and 10 will be considered to...



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