

**LONGEVITY MADE EASY - A PROVEN PLAN TO
IMPROVE HEALTH & INCREASE LIFE EXPECTANCY**

David Shiffer

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Neither clam nor fly gave a thought to that mortal math. Spain – Spain's version of the Mediterranean diet combined with strong family networks is believed to enhance life expectancy among its population.

Here are more surprising ones that add years to your life. In his review article Kujala highlights the discrepant findings between observational and interventional studies about the effects of physical activity on longevity. Thomas Gill, director of the Yale Program on Aging.

At any age, quitting progressively cuts your risk of dying from cancer-related problem for the men was likely overexertion, but there are ways around. Each of those factors is significantly associated with a reduced risk of dying from the top two killers in the United States, cardiovascular disease and cancer according to the study.