



Power Aging Through Healthy Living Practices (Paperback)

By Gabriel A Ayisi, Dr Gabriel a Ayisi

Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is a book for the young, more so, than for the elderly. It is essential that we take good care of our health while we are young by avoiding negative lifestyles that will gravely impact our health in old age. By exercising regularly, eating healthy diets and avoiding smoking and excessive drinking, we can really grow young into old age. Our diets must include lots of vegetables and a variety of fruits and less organic meats. We can avoid the myriad of health problems of old age through healthy living practices suggested in this book. According to Dr. Luigi Fontana of Washington University School of Medicine, for those of us in the wrong end of the gene pool, healthy habits may be the best life preserver around. Life s objective is to grow young into old age and to die young as late as possible.



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