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## **longevity secrets for healthy pdf**

The word "longevity" is sometimes used as a synonym for "life expectancy" in demography. However, the term longevity is sometimes meant to refer only to especially long-lived members of a population, whereas life expectancy is always defined statistically as the average number of years remaining at a given age.

## **Longevity - Wikipedia**

Longevity myths are traditions about long-lived people (generally supercentenarians), either as individuals or groups of people, and practices that have been believed to confer longevity, but for which scientific evidence does not support the ages claimed or the reasons for the claims.

## **Longevity myths - Wikipedia**

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## **New England Centenarian Study » BUMC**

30 September 2015 - Comprehensive public health action on population ageing is urgently needed. This will require fundamental shifts, not just in the things we do, but in how we think about ageing itself. The World report on ageing and health outlines a framework for action to foster Healthy Ageing

## **WHO | World report on ageing and health 2015**

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## **Qigong Secrets Home Study Course**

Sophie Bushwick (Twitter, Tumblr) is a science journalist and podcaster, and is currently an intern at DISCOVERmagazine.com. She has written for Scientific American, io9, and DISCOVER, and has ...

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