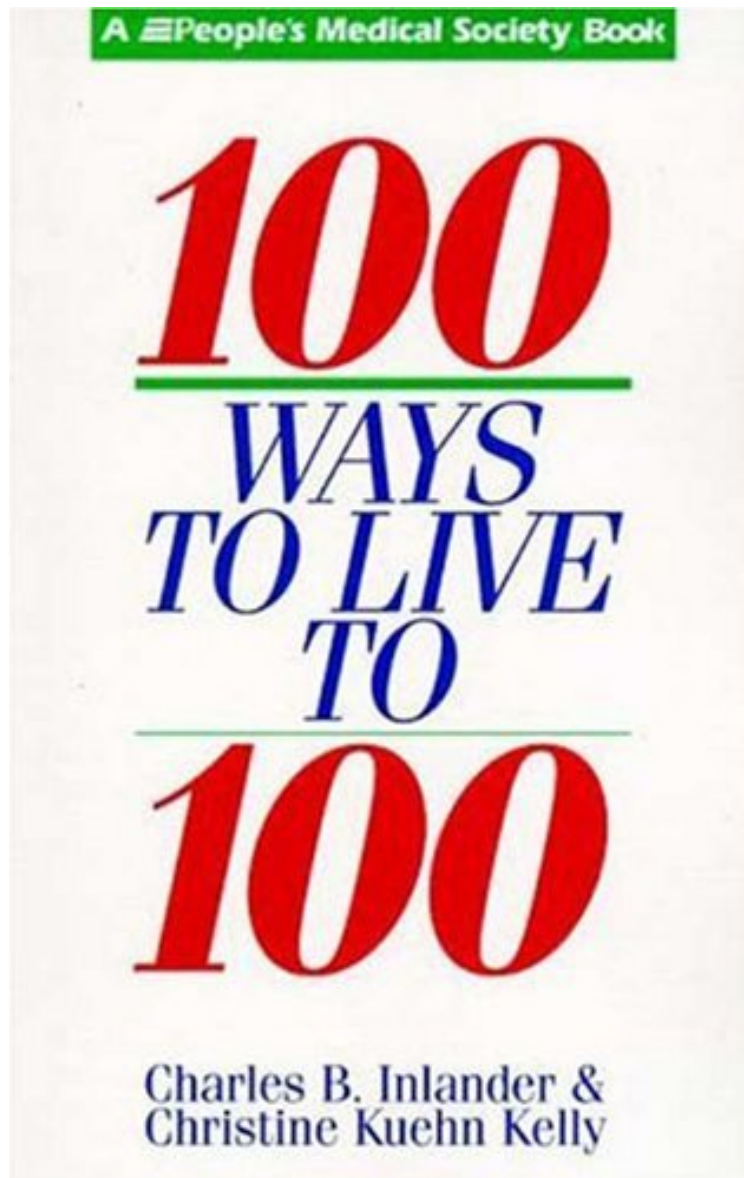


[DOWNLOAD] 100 More Ways to Live to Be 100

100 More Ways to Live to Be 100

Charles B. Inlander, Christine Kuehn Kelly
**Download PDF / ePub / DOC / audiobook / ebooks*



 Download

 Read Online

#13908424 in Books 1999-05-01Format: Bargain PricePDF # 1 .33 x 5.52 x 8.511, #File Name: B0064XUCMI128 pages | File size: 67.Mb

Charles B. Inlander, Christine Kuehn Kelly : 100 More Ways to Live to Be 100 before purchasing it in order to gauge whether or not it would be worth my time, and all praised 100 More Ways to Live to Be 100:

0 of 0 people found the following review helpful. "Secrets" of LongevityBy Virginia AllainThe book gives tips for improving your chances of living to be 100. For instance: know what a serving size is and measure your food until you learn to follow the recommended guidelines. That may seem pretty basic, but given the epidemic of obesity in the US,

maybe we need the reminder. There are tips to prevent and manage medical conditions, develop healthy eating habits, and an explanation of the benefits of vitamins, minerals, hormones and supplements. The book tells how to stay safe in your home, outdoors and with food and water. It recommends lifestyle changes (exercise and behavior) to improve longevity. Stress, mental wellness and the importance of social connections (spirituality, companionship) are covered. Most of it we've read before in newspaper and magazine articles. The book isn't very exciting reading. The advantage though, is it's all pulled together and presented quite compactly. This might make a good birthday present for someone reaching a milestone age (50 or 60 or 70). I'd recommend it for anyone wanting to live well and avoid unnecessary suffering in their life.

What can you do to increase your odds of living longer and maintaining a vigorous, healthy lifestyle? The People's Medical Society has assembled here crucial tips for living longer and healthier, based on the latest research.

From Kirkus sDespite the cute title, a reasonable roundup of measures that can be taken to promote good health. Inlander, president of the Peoples Medical Society, a consumer health advocacy group, is updating a 1992 guide; he and Kelly, a freelance health writer, organize their information into a structure which hits the major concerns without overwhelming those taking the first steps to a healthier lifestyle. They first address ``Preventing and Managing Medical Conditions": determining genetic, environmental, and lifestyle risk factors for disease; obtaining recommended screening tests; and how to become a savvy medical consumer (watch out for unnecessary surgery, for onethe current most frequently performed surgical procedures are listed herein) are included. ``Nutrition, Hormones, and Supplements" is up-to-date on the latest medical recommendations for daily allowances and supplementation, as well as where current research is headed (mostly in the direction of ``anti-aging" supplements). Injury prevention covers home, travel, outdoor, and food/water safety. Exercise and other lifestyle changes, and mind/body connections, social support, and stress reduction round out the guide. By no means an in-depth prescription for long life; but this works as a reliable short course on how to get started on a healthier life. -- Copyright 1999, Kirkus Associates, LP. All rights reserved. About the Author Charles B. Inlander is president and CEO of the People's Medical Society, America's largest nonprofit consumer health advocacy organization, and a faculty lecturer at the Yale University School of Medicine. He is a health commentator on National Public Radio's Marketplace, and is the co-author of several health books, including St. Martin's Paperbacks' "Take This Book "and "Ways" series. Cynthia K. Moran writes health articles for several newspapers and magazines and is the co-author of "67 Ways to Good Sleep" and "77 Ways to Beat Colds and Flu," Kelly is a freelance health writer.