

Dr David Eifrig Jr S

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dr david eifrig jr takes an in depth look at six loopholes that will help you save and even earn money in your retirement he also analyzes several investment strategies and health tips and secrets that will helpyou live a happy healthy and wealthy life

recent research findings on the impact of nutrition on telomere length is unlocking the potential to combat premature aging at the cellular level we have learned that while aging is a natural cellular process premature aging is not and it can be positively impacted by an evidence based proactive nutrition to slow cellular aging diet plan this book examines key elements of the biology of cell aging and focuses on enhancing mitochondrial function and preventing abnormal cell turnover thus preserving telomere length it details the cellular damage caused by free radicals and ros explains the salutary effects of antioxidants and the body s need for adequate nitrates and other nutrient

substrates from which the body derives nitric oxide no to support cardiovascular health this book is the first to feature a simple do it yourself test of the effects of the diet on the availability of no for heart health the book guides the reader through the rationale for a modified mediterranean style diet that supplies the body with an adequate daily intake of essential nutrients simple high antioxidants and other functional foods it includes simple easy to prepare appealing recipes promoting a seamless transition to a healthy age defying lifestyle

the book is about learning the languages of various fields beginning with mastering the three basicsthen thinking speaking and writing mastering the three basics will lay the foundation for a life of abundance a new definition of abundance embraces financial freedom well being happiness good relationships and being fit and healthy learning the languages of various fields includes money mind health and spirituality in this book are strategies for creating financial freedom through asset investments stocks direct marketing digital publishing and business all experiences and strategies recommended for implementation are shared all the discussions and examples are easy to implement for the purpose of living a life of abundance

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