



## Healthy Lifestyle - Natural Tips to Live Healthy and Long - Ancient Health Tips and Techniques for a Healthy Life

By Dueep Jyot Singh, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Table of Contents Healthy Lifestyle - Natural Tips to Live Healthy and Long Introduction Rules of Nutrition Vegetarian Diet So Why Do We Fall Sick? How to Use Fruit and Vegetables Effectively Food Peelings Diseases and Diet Control Reducing Your Weight Foods to Help You Lose Weight Permanent Weight Loss Remedy Conclusion Author Bio Publisher Introduction Just go through any of the books, talking about the wisdom of the ages. You are going to find that longevity was the rule and not the exception. The allocated age of Three score and 10 given by nature to man was much more ages ago, because they had learned the rules of simple living in the most healthy manner possible. Even though the 21st century may have its own accompanying health risks, including pollution, toxic waste, and other environmental problems, well calculated to make a human lifespan short, here are some ancient tips and techniques, which are still in use. All over the world, people are still following these common sense actions which can keep you healthy and increase your lifespan.



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