

Healthy Living

Long Life Prescription

(NAPSA)—The prescription for a longer, healthier life may lie between the pages of a handy new paperback.

“Long Life Prescription” offers easy, effective ways to repair your

302 Easy Ways to Stay Healthy and Energized at Every Age



Reader's Digest
Long Life
PRESCRIPTION

BASED ON MORE THAN 500 CLINICAL STUDIES

- Reduce your risk of diabetes, heart disease, and cancer
- Strengthen your brain power and prevent memory loss
- Discover the secrets to a long and healthy life



Live healthy today to help secure a healthy tomorrow.

body, combat ailments and stay energized at any age. Based on more than 500 clinical studies and interviews with more than 100 top doctors, the book offers proven and specific keys to living well.

Learn:

- How vacationing can lower your risk for heart disease

- Which parts of your body can regenerate—and how to speed up the process

- How dark chocolate and red wine can fight free radicals to combat age-related health concerns

- Why lactose-intolerant people can get even more calcium from rhubarb, dried figs, and beans (the anti-aging superfood) than dairy

- How sunshine can prevent the flu and physical activity twice a week can cut your risk of Alzheimer's in half.

With this book, readers may be able to improve their general well being, fight aging and increase their vitality in the process by examining their habits and lifestyle choices, assessing any damage already done and creating a repair plan. Published by Reader's Digest, “Long Life Prescription” is available wherever books are sold.