



100 Answers to 100 Questions about How To Live Longer

Janet Maccaro

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Live Better, LONGER

In *100 Answers to 100 Questions about How to Live Longer*, leading natural health expert Dr. Janet Maccaro reveals the simple things you can do to extend AND improve your life without drugs and medications. You'll find answers to your most important health questions, including...

- Which antioxidants will help me live longer?
- Are there natural remedies for my sleepless nights?
- How do I cope with issues beyond my control?

At the end of our days, we all want to have lived a happy, healthy life and made a difference. *100 Answers to 100 Questions about How to Live Longer* will show you how.

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