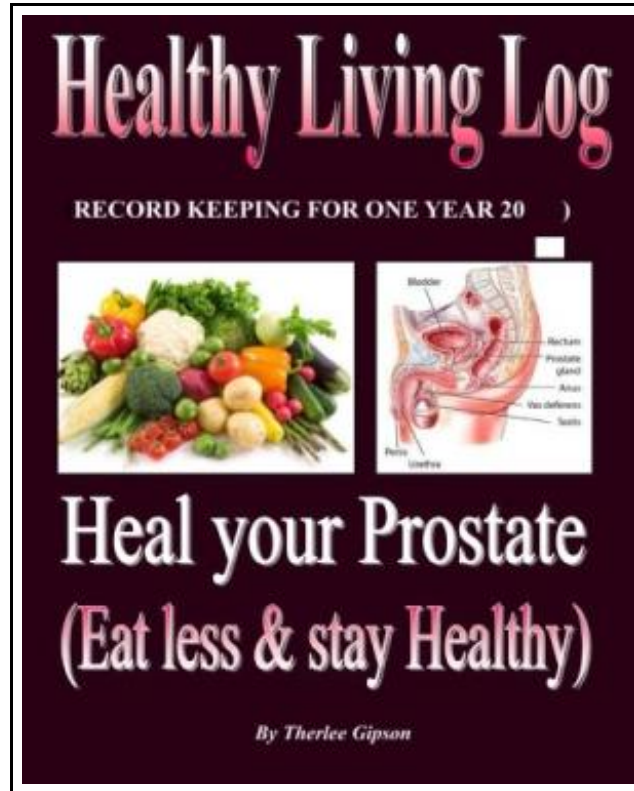


## Healthy Living Log: Secret of Longevity



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## HEALTHY LIVING LOG: SECRET OF LONGEVITY



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Createspace, United States, 2012. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Introduction Most illness are self-inflicted. The human body has a super natural designed healing system that can meet most of its problems without outside intervention. Even when outside help is needed, healing is enhanced if the patient can be kept free of emotional devastation and panic. Emotional trauma impairs immune function by decreasing the body's interleukins vital immune defense substances. Panic constricts blood vessels, putting additional burden on the heart. Depression intensifies existing diseases that open the door to other ailments. There is a direct connection between our mental state and the ability of our immune system to do its job. Keep your mind-set positive and free from depression, unnecessary emotional stress which can induce illness. Other words, REFUSE to get involved in a confrontation with anyone, no matter what the issue is. DO NOT allow the daily grime of living and coping take control of your mental health. Bottom line, your body will suffer the consequences by weakening your immune system. Let's face the facts. We do not take care of our bodies. We eat things that taste good and over indulge in those foods. We have bad drinking habits of some beverages. We have substance abuse of prescription and non-prescription drugs. We are not active doing chores around our homes. Apartment dwellers are even less active; they are couch potatoes. We as a nation have evolved into a fast food society. This is a bad sign for the future of our health care system. The projection for medical cost for preventable medical ailments will run into the trillion of dollars annually in less than 10 years. Beware of Red Meat. Most of us eat more...



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