



Longevity Through Naturopathy - Tips and Techniques to Keep Young Longer (Paperback)

By Dueep Jyot Singh, John Davidson

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Publisher Introduction to Aging They tell us that Methuselah lived 900 years. But then at that time longevity was the rule and not the exception. This process of growing old chronologically is a normal process of life. It occurs in every living thing present in nature. External factors also age nonliving things with the passage of time. A person is called old on the basis of his chronological age. That is why in the 21st century, anyone who has passed the age of three score and 10 will be considered to...

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