

THE LONGEVITY DIET

by Dr Longo



**LOW-MERCURY
FISH**



OLIVE OIL



**FRUITS &
VEGGIES**



NUTS



LEGUMES

**FASTING
MIMICKING DIET
3 TIMES A YEAR**



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Best Longevity Tips Guide

Biswadeep Ghosh



Best Longevity Tips Guide:

Dr. Mao's Secrets of Longevity Cookbook Maoshing Ni, 2013-01-01 The international bestselling author of *Secrets of Longevity* shares seventy five simple and delicious recipes for living a healthier happier and longer life A thirty eighth generation practitioner of Chinese medicine Dr Mao has helped countless patients and readers bolster their health and increase their longevity Now he builds on the advice shared in his previous books with this collection of kitchen friendly palate pleasing recipes designed to enhance wellness in a variety of ways Each recipe specifies its healthful benefits whether it increases metabolism or reduces inflammation fights high cholesterol or aids detoxification Recipes include Honey Glazed Masala Chicken with Apricots Immune Boost Borscht with Porcini Mushrooms and Spicy Tri color Pepper Beef with Himalayan Gojiberry Dr Mao also shares his signature Anti Aging Brain Mix and Brain Tonic A simple list of life extending foods is also included along with a list of in season bounty and a handy health glossary

Elikliv 4.3 Inch Microscope User Guide for Beginners and Adults Eugene L. Roden, 2025-11-22 Is your Elikliv 4 3 Inch Digital Microscope giving you blurry images weak lighting or confusing controls Are you sure you are getting the full 1000X magnification you paid for Most users never unlock even half of what this microscope can actually do This guide was written to change that The Elikliv 4 3 Inch Microscope User Guide for Beginners and Adults breaks down the entire device with clear explanations real life demonstrations and practical techniques that help you get sharp accurate beautifully lit results every time Whether you use the microscope for coins electronics gemstones circuit boards textiles STEM projects or simple exploration this book shows you exactly how to get clean details perfect focus and dependable clarity What makes this book different is its depth Instead of repeating the basic manual it gives you real solutions hidden features professional level lighting tricks and step by step walkthroughs written in a simple style anyone can understand Everything in this guide is based on how the microscope works in real day to day use Inside you will learn how to 1 Master the 4 3 inch LCD display and achieve precise visual clarity 2 Use the LED illumination system to eliminate glare and improve detail 3 Capture steady high resolution photos and videos directly from the microscope 4 Set object distance correctly to achieve true 1000X magnification 5 Inspect coins metals and reflective surfaces with professional lighting angles 6 Diagnose electronics solder joints and components with confidence 7 Clean maintain protect and store the microscope for long term performance Still deciding Here s why you should get this book now Most people struggle with this microscope because the included instructions leave out the real techniques needed to get crisp results This guide fills in all the gaps saves you time prevents frustration and ensures you get the full value of your device If you want clarity precision and confidence using your Elikliv EDM4 this book is the shortcut This guide also comes with a special Explainer Video and Audio Podcast Session created exclusively for readers These resources are valued at more than fifty dollars but are included for free inside the book Take control of your microscope today Scroll up and click the Buy Now button to get your copy instantly Disclaimer This book is an independent user guide created for educational

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