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Anti-ageing scientists believe that the majority of us die prematurely from what we've come to call 'natural causes'. In fact cell structure studies show that biologically our true lifespan is between 110 and 120 years. So what are you waiting for? Even if you feel that you've been dealt a bum deal in the genetics department you can still live a healthy life and it needn't be boring. All the advice you'll find in Live longer is achievable and can be fun too! If you want increased energy, strength and mobility for daily activities and hobbies use the tips in this book to give your lifestyle an anti-ageing makeover and you'll have a lot more to look forward to as the birthdays fly by than a free bus pass!

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