



Prevention is the Cure!: A Scientist's Guide to Extending Your Life

Frederick D. Sancilio Ph.D.

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An amazing discussion from a scientist on the nature of health, sickness, and what we all can do to remain vibrant as we grow older, *Prevention is the Cure!* will take you through the root causes of most diseases and guide you in ways that can save your life and the lives of others. Discover the four primary causes of illnesses and how to avoid them. Learn the ten commandments of longevity, the secret habits of centenarians, and, most important, learn how you can remain youthful well into your eighties and nineties! As a successful scientist, businessman, and community leader, Dr. Fred Sancilio shares his thoughts on the tragic demise of his own father, the tipping point to his quest to find the truth about why some people always seem to be sick, while others are perpetually healthy. Learn how scientists study the differences between eating habits of various populations and the connection between the incredible health of the Intuits of Greenland and a diet that could well benefit mankind forever. *Prevention is the Cure!* will become your guidebook to a long and healthy life. It will lay the groundwork for a robust and active future.

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