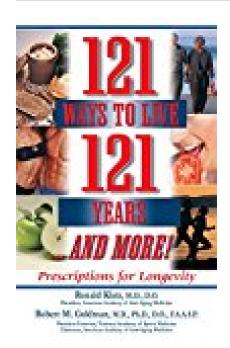
## 121 Ways to Live 121 Years . . . And More Prescriptions for Longevity



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