

# Review of: "How to enjoy your healthy life after 70— suggestions from the science of longevity"

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Interesting dissertation on the principles that should prepare for a quiet and long-lived old age. The article clarifies the physiopathological principles that trigger cellular damage that potentially leads to the development of cardio-vascular and neoplastic diseases. However, the proposed lifestyle and food is strongly unbalanced towards typically oriental habits and foods and therefore not easily replicable globally. However, there remains an interesting overview of how to manage the different ages of life to ensure a peaceful old age.