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A Short Guide to a Long Life - David B. Agus, MD

A Short Guide to a Long Life. Chapter Four: Food and Water. Avoid soft drinks and other acidic drinks, particularly colas (which have an extremely acidic pH of 2.5). Replace coffee, which is also quite acidic, with less acidic beverages such as tea (particularly green tea).

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David B. Agus, MD, author of the New York Times and international bestsellers *The End of Illness* and *A Short Guide to a Long Life*, is a professor of medicine and engineering at the University of Southern California and heads USC 's Westside Cancer Center and the Center for Applied Molecular Medicine. He is one of the world ' s leading physicians and pioneering biomedical researchers, and is a CBS News contributor.

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PIP helps with the extra costs arising from a long term condition (ill-health or disability expected to last 12 months or

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longer). ... a short guide to the benefit system for GPs.

The benefit system: A short guide for GPs
- GOV.UK

Essentially 2% difference of return year on year will lead to a big difference in the medium to long term future. Some key ideas are: * Do an audit of your financial service providers (current account, mortgage, credit card, savings account) every 2-3 years; * Do not waste money on unnecessary insurance policies;

The Long and the Short of it: A Guide to Finance and ...

The 'Guide to coroner services' is intended for bereaved people and others who may be affected by a coroner investigation or are attending a coroner ' s inquest.

Published 24 February 2014

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Guide to coroner services - GOV.UK accepted as factual as long as there was a reference attached. This prompted me to read into what I now realise is referred to as publication bias and has been 6 A short guide to reflective writing Reflective writing for an assignment Writing reflectively for the purposes of an assignment should not involve merely describing something that

A short guide to reflective writing -
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A Short Guide to Mondello Beach —
ALONG DUSTY ROADS

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register them as unimportant. If

A short guide to memory techniques for revision

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Short-Term Letting Regulations | Landlord's Guide | Towergate

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for a story, even if it ' s just a basic