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If you want to live a long, healthy life, make sure you're among the nonsmokers. Smoking contributes to heart disease, osteoporosis, emphysema and other chronic lung problems, and stroke. It makes breathing during exercise much harder and thus can make activity less enticing. It appears to compromise memory, too.

## Tips for a longer life - Harvard Health

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## How to Live Longer and Feel Better - Even With Cancer

How to Live Longer and Feel Better. by Linus Pauling . Corvallis, OR: Oregon State University Press, 2006. 300 pages, plus index, notes and extensive bibliography. Reviewed by Andrew W. Saul. Assistant Editor, Journal of Orthomolecular Medicine . My Dad always said that when you want to know something, talk to the organ-grinder, not the monkey.

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## 28 Healthy Ways To Live Longer And Feel Better – Act Now!

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Pauling in his 1986 book, *How To Live Longer and Feel Better*. The other recommendations account for variables such as a poor diet, advancing age, and/or the use of the prescription

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How to Live Longer and Feel Better. Oregon State University. Linus Pauling Institute Blog How to Live Longer and Feel Better. Skip to primary content ... My name is Joseph Beckman, a principal investigator at the Linus Pauling Institute that works on ALS (aka Lou Gehrig's disease).

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