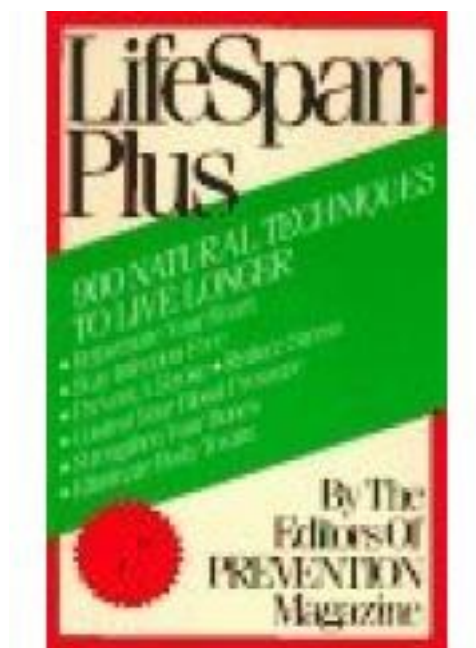


Life-Span Plus



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Nine out of ten deaths in America are caused by people killing themselves. The other cause of death is suicide.

Yes, I m exaggeratingEbut only a little. Fact is, many people in the United States do kill themselves. They don t use six-guns, they use six-packs. They don t drown in rivers, they drown in fat. They don t take a sleeping pill, they take a puff. Here s how the scientists

put it:

"Nine of the ten leading causes of [early death] in the United States are linked to one or more of six behaviors: cigarette smoking, misuse of alcohol, lack of exercise, not wearing seat belts, overeating, and failure to control high blood pressure."

That quote is from a report in the New York State Journal of Medicine. It's one of the many medical reports we used in writing LifeSpan-Plus. Reports that started appearing a few years back and gave us the idea for this book. They show--remarkably--that you have the power to extend your life. All you have to do is emphasize specific healthy actions and reduce or eliminate unhealthy ones. And LifeSpan-Plus is perhaps the best tool ever produced to help you do just that.

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