

### **secrets of longevity 100 pdf**

The word "longevity" is sometimes used as a synonym for "life expectancy" in demography. However, the term longevity is sometimes meant to refer only to especially long-lived members of a population, whereas life expectancy is always defined statistically as the average number of years remaining at a given age. For example, a population's life expectancy at birth is the same as the average age ...

### **Longevity - Wikipedia**

Longevity myths are traditions about long-lived people (generally supercentenarians), either as individuals or groups of people, and practices that have been believed to confer longevity, but for which scientific evidence does not support the ages claimed or the reasons for the claims. While literal interpretations of such myths may appear to indicate extraordinarily long lifespans, many ...

### **Longevity myths - Wikipedia**

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Sophie Bushwick (Twitter, Tumblr) is a science journalist and podcaster, and is currently an intern at DISCOVERmagazine.com. She has written for Scientific American, io9, and DISCOVER, and has ...

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