



Live Younger Longer: An Outline

- A.N. (Shen) Sengupta

- We cannot be immortal but we can remain young at heart, with a well-functioning body as long as we live.
- Self-help is a necessity: it is fun and easier on the pocketbook.
- Life is unique in this universe. It is our most precious possession, more so than all the material wealth put together and must be safeguarded.
- Mind and body are one integral whole: they can help themselves well if only we do not take them for granted and abuse them. Let us keep the entire machine running, not just one part at a time and not step on the accelerator too hard.
- We can eat and drink almost as much as we like, but only those which nourish our mind and body. We can adjust our habits if and as necessary. It pays not to over-stuff ourselves.
- We need to avoid and eliminate pollution of all kinds: air, noise, visual as well as mental. No Smoking Please.
- We need to treasure human company as well as the touch of Nature with her abundant flora and fauna.
- We have already successfully crossed the bridge and we can indeed march much farther if only we resolve to do so.
- Many more happy and healthy returns.

Author's note:

My claim to medical fame arises out of

- 1. Extensive reading on any and all health-related publications;**
- 2. My own health-related experiences and experimentations (all successful, by the way) over some four decades;**

3. **My conviction that I should know about and care for my own body at least as much as I know and care for my own car; and lastly,**
4. **My exposure to both East and West and readiness to absorb the best of both worlds. I firmly believe that my writings can help others in becoming health-wise self-sufficient to a considerable extent and save a bunch of money, to say the least.**