HEALTHY NEWS

109-Year-Old Woman Claims: Avoiding Men Is the Secret to Longevity

By bestfolkmedicine · 19/05/2020 · 1 min read



How to live a long and healthy life is without doubt one of the most common questions today, do not you agree? However, there is no single answer to this question and many people claim that different things are the key to longevity and good health.

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Many consider that our type of diet plays a pivotal role in a longer life span while others think that genetics plays a more important role.

But, according to one female centenarian, the reason for longevity is something completely else! Namely, Jessie Gallan, a centenarian who was the oldest woman in Scotland on record before she passed away back in 2015, owed her longevity to her single status.

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Avoiding Men: the Key to a Long Life?

According to Pretty 52, the key for her longevity was the fact that tried to stay away from men as much as she could. For her, they were “more trouble than they are worth it”. But, this was not the only reason for her longevity. She also thought that eating porridge on the daily helped her a lot.

What do Experts Think?

Of course, different people have distinct opinions about what helped them live a long and healthy life. Experts believe that a healthy lifestyle, regular workout, proper stress management, and following a plant-based diet could be the major contributors to a long, healthy, and happy life. And, it is also vital to socialize and have people to care for and live for.

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What about you? What do you think is the main reason for longevity? Do you agree with experts or with Gallan’s views? Share your thoughts in the comment section below!

Heading out? Before heading out, do not forget to check out the video shown below to learn more:

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Sources:

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