A Critical Assessment of the Strategies of Good Health and Long Life: A Panacea to Frequent Ill Health and Early Death

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ABSTRACT

Death is the permanent, irreversible cessation of all biological functions that sustain a living organism. Death is all-inclusive, inevitable, and unavoidable. When dealing with death, different emotions come into play, such as: sadness, anger, happiness, fear, surprise, etc. are a few examples of adjectives used to describe how death is viewed in the circumstances it occurred. There are various causes of death, including: cardiovascular diseases, cancers, dementia, diarrheal diseases, tuberculosis, HIV/AIDS, malaria, smoking, suicide, natural disasters, road incidents etc. Perceptibly, life is the aspect of existence that processes, acts, reacts, evaluates, and evolves through growth. Ensuring the longest, healthiest life possible includes avoiding overeating, not smoking, eating healthy plant foods, staying physically active, prioritizing happiness and avoiding chronic stress and anxiety, etc. On this note, the study recommended, like many others, that an individual should moderate their alcohol intake because heavy alcohol consumption is linked to liver, heart, and pancreatic disease, as well as an overall increased risk of early death.

KEYWORDS: Strategies of Good Health, Long Life, Ill Health and Early Death

INTRODUCTION

Death, also called a mortality rate, is the number of deaths due to various factors such as lifestyle, natural disasters, accidents and many more. Finding a common platform regarding the concept of death was the work of Dr. Hossain, whose finding was that without a common idea about death, people would not be able to share the same remedy for death anxiety (Hossain and Gilbert, 2010). There are many scientific approaches to the concept. For example, brain death, as practiced in medical science, is seen as a point in time at which brain activity ceases. It was Hossain's claim that whenever death is taken as a permanent and absolute cessation of human existence, morbid fear of death begins. Therefore, Hossain (2008) presented different ideas of death in relation to existence to reach a conclusion that will be acceptable to most. Is death an acquired trait? We like to think of death as unavoidable. We believe that all things must die. It makes our own mortality easier to bear. It is quite obvious that death can cause anxiety. Death anxiety is the central concern of Hossain (2008). It is the morbid, abnormal, or persistent fear of one's own death or the process of his/her dying. One definition of death anxiety is a "feeling of dread, apprehension, or solicitude (anxiety) when one thinks of the process of dying, or ceasing to be. It is also referred to as thanatophobia (fear of death), and is distinguished from necrophobia, which is a specific fear of dead or dying people and/or things (i.e., others who are dead or dying, not one's own death or dying). Many experts propose that no one is free from this anxiety unless

there is something significantly positive in the phenomenon of death for humans. Hossain (2010) claimed that the idea of "cessation of existence" through death is the prime factor responsible for initiating death anxiety in one (Hossain, 2008).

In recent times, there has been a very high rate of mortality. For instance, if there are 25 lung cancer deaths in one year in a population of 30,000, then the mortality rate for that population is 83 per 100,000. Morbidity is another term for illness. A person can have several co-morbidities simultaneously. So, morbidities can range from Alzheimer's disease to cancer to traumatic brain injury. Morbidities are NOT deaths. Prevalence is a measure often used to determine the level of morbidity in a population. According to Kurland, Canback, and (2003), the incidence of death is high and this cuts across all measures of disease that allow us to determine a person's probability of being diagnosed with a disease during a given period of time. Therefore, incidence is the number of newly diagnosed cases of a disease. An incidence rate is the number of new cases of a disease divided by the number of people at risk of the disease. If, over the course of one year, five women are diagnosed with breast cancer, out of a total female study population of 200 (who did not have breast cancer at the beginning of the study period), then we would say the incidence of breast cancer in this population was 0.025. (or 2,500 per 100,000 woman-years of research).

Concept of Death

Bits of Latin: "Death means the end of life, the physical cessation of life." Plato's death was thus defined as the end of terrestrial life and access to an ideal world. Epicurus or Lucretius defined it as the dissolution of soul and body. Death is the permanent, irreversible cessation of all biological functions that sustain a living organism. Brain death is sometimes used as a legal definition of death. The remains of a previously living organism normally begin to decompose shortly after death. As regards a mature concept of death, Churcher, Bentley, and Mungall (2003) noted that all living things eventually die. Death is all-inclusive, inevitable, and unavoidable. Irreversibility: Organisms that die cannot be made alive again.

Causes of Death

According to Ritchie and Roser (2019), there are various causes of death, as can be seen subsequently. According to them, the estimates shown in this visualization show the numbers of deaths attributed to specific risk factors in 2017. Here we see that there are several dominant risk factors for death: notably, those related to dietary and active lifestyle factors (including blood pressure, physical activity, body-mass index, blood sugar, and dietary intake); smoking; air pollution (both outdoor and indoor); environmental factors including clean water and sanitation; and safe sex (for the prevention of HIV/AIDS). As stated by Ritchie and Roser (2019), the following factors are related to death:

Cardiovascular diseases: According to Ritchie and Roser (2019), cardiovascular disease (CVD) is a term used to refer to the range of diseases which affect the heart and blood vessels. These include hypertension (high blood pressure); coronary heart disease (heart attack); cerebrovascular disease (stroke); heart failure; and other heart diseases. Cardiovascular disease is the leading cause of death globally. Overall, CVD death rates in the East and West are strong. Rates across North America and Western/Northern Europe tend to be significantly lower than those across Eastern Europe, Asia, and Africa. Across most of Latin America, these rates are moderate. In France, for example, the age-standardized rate was around 86 per 100,000 in 2017; across Eastern Europe, this rate was around 5 times

higher at 400-500 per 100,000. At the highest end of the scale, Uzbekistan had a rate of 724 per 100,000.

Cancers: Cancers are defined by the National Cancer Institute as a collection of diseases in which abnormal cells can divide and spread to nearby tissue. Cancers can arise in many parts of the body—leading to a range of cancer types as shown below—and, in some cases, spread to other parts of the body through the blood and lymph systems.

Dementia: Dementia comprises several forms — the most common being Alzheimer's disease — is an illness which results in a deterioration of cognitive capacity and function beyond what is expect from the normal ageing process. It can occur either in a chronic or progressive form. It affects several cognitive functions including memory, comprehension, judgement, language and learning capacity. In the map we see death rates from dementia across the world. Note that these rates have been age-standardized which aims to correct for differences in the age structure of a population (which are different between countries and change over time). This therefore allows us to compare the likelihood that any given individual will die from.

Diarrheal diseases: Pathogens that cause diarrhea are primarily viral and bacterial. They are especially prevalent in low-income areas with limited access to safe sanitation, drinking water, and hygiene facilities. Diarrheal diseases are a leading cause of death in children.

Tuberculosis: Tuberculosis (TB) is an illness caused by the ingestion of bacteria (Mycobacterium tuberculosis) which affects the lungs. The World Health Organization (WHO) estimates that up to one-quarter of the global population has latent TB, meaning they have been infected with the disease but are not ill with the disease (although this does not inhibit it from becoming active in the future), (Moran, 2003). People with compromised immune systems, such as those suffering from malnutrition, diabetes, or being smokers, are more likely to become ill with TB. There is a strong link between HIV/AIDS and TB: those infected with HIV are 20–30 times more likely to develop active tuberculosis.

Malnutrition deaths: Globally there were approximately 232,000 deaths related to PEM. Children under 5 years old are disproportionately affected by PEM (accounting for 61 percent of global deaths) — child wasting (too little weight for one's height) and stunting (too short for one's age) is a common symptom of malnutrition.

HIV/AIDS: An infection with HIV (human immunodeficiency virus) can lead to AIDS (acquired immunodeficiency syndrome). AIDS results in a gradual and persistent decline and failure of the immune system, resulting in heightened risk of life-threatening infection and cancers. In the majority of cases, HIV is a sexually-transmitted infection. However, HIV can also be transmitted from a mother to her child, during pregnancy or childbirth, or through breastfeeding. Non-sexual transmission can also occur through the sharing of injection equipment such as needles.

Malaria: Malaria is a disease that is transmitted from person to person by infected mosquitoes. The bite of an infected Anopheles mosquito transmits a parasite that enters the victim's blood system and travels into the person's liver where the parasite reproduces. There the parasite causes a high fever that involves shaking chills and pain. In the worst cases malaria leads to coma and death.

Suicide: Every suicidal attempt is a tragedy. Suicides can be prevented with timely, evidence-based interventions.

Homicides: Intentional homicides are defined as "an unlawful death deliberately inflicted on one person by another person". Civilian and military deaths during interstate wars, civil wars and genocides are not counted as homicides – but *Our World in Data* presents the evidence on deaths in the linked articles.

Natural disasters: Natural disasters can occur in many forms, ranging from earthquakes and tsunamis to extreme weather events and heat waves. The largest disaster events are often infrequent but high-impact, meaning there is significant variability in deaths from year-to-year.

Road incidents: Road incident deaths include those of drivers (motor vehicles and motorcyclists) in addition to cyclists and pedestrian deaths.

Drowning: The World Health Organization (WHO) emphasizes that drowning is one of the most overlooked and preventable causes of death across the world. For every country in the world, drowning is among the top 10 killers for children. In some countries, such as Bangladesh, it is the top mortality cause for children under 15 years old.

Fire: Most countries across the Americas, Western Europe, East Asia and Oceania average death rates below 2 per 100,000. Rates across other regions are typically higher at 2-6 per 100,000. When viewed through time we see a notable decline in fire death rates, particularly across Sub-Saharan Africa and Eastern Europe.

Terrorism: Terrorism is defined in the Oxford Dictionary as "the unlawful use of violence and intimidation, especially against civilians, in the pursuit of political aims." We quickly see that this definition is unspecific and subjective. In our full article on terrorism, we look at adopted definitions and how it's distinguished from other forms of violence.

Deaths by Animals: Around 1.5 million people are killed by animals every year. More than half a million are killed by other humans – in war, homicides, and terrorism. And close to a million people are killed by other animals in any given year.

Pathogens: A pathogen is an organism that causes disease, which leads to death. Your body is naturally full of microbes (Madan, 2003). However, these microbes only cause a problem if your immune system is weakened or if they manage to enter a normally sterile part of your body. Pathogens are different and can cause disease upon entering the body. All a pathogen needs to thrive and survive is a host. Once the pathogen sets itself up in a host's body, it manages to avoid the body's immune responses and uses the body's resources to replicate before exiting and spreading to a new host, (Moran, 2002). Pathogens can be transmitted a few ways depending on the type. They can be spread through skin contact, bodily fluids, airborne particles, contact with feces, and touching a surface touched by an infected person, (Graur, and Li., 2000).

Life Style

Smoking: Tobacco Smoking is not a direct cause of death, but it nonetheless is one of the world's largest health problems. Smoking is one of the world's leading risk factors for premature death. Tobacco is a risk factor for several of the world's leading causes of death, including lung and other forms of cancer, heart disease, and respiratory diseases.

***Alcohol*:** Alcohol is the undisputed bottled killer. The World Health Organization estimates that alcohol kills three million people throughout the world every year. In other words, alcohol is the cause of 5.3% of all human deaths annually. About 1 in every 20 deaths worldwide is the result of an alcohol-related disease, injury, accident, murder, or suicide. The rate of alcohol-related death is greater than that of HIV, which causes less than 2% of deaths worldwide, and alcohol-unrelated violence, which causes less than 1%.

Diet: Diet is a killer of equal opportunity. As stated by Hossain (2008), people independent of age, gender, country of residence, and socioeconomic status to some extent are affected by poor dietary habits, "says study co-author Dr. Ashkan Afshin, an assistant professor of health metrics sciences at the University of Washington's Institute for Health Metrics and Evaluation. "Low intake of healthy foods and high intake of unhealthy foods are the leading causes of mortality, globally and in many countries." Eating too much sodium, which is linked to high blood pressure and heart conditions, was the largest cause of diet-related death globally, the researchers found. But on the whole, "the main problem we see is the low intake of healthy food," rather than a high intake of unhealthy food, Afshin says. Aside from over-eating sodium and trans fats, most of the top dietary risk factors were related to not eating enough nutritious foods, including whole grains, nuts and seeds, fruits, vegetables, polyunsaturated fats, and legumes, Afshin says.

People's Perceptions of Death and the Effects of Emotion

Most people have dealt with the death of a loved one at some point in their life. When dealing with death, different emotions come into play, based on how well a person copes. Sadness is a common reaction of loved ones upon the occurrence of death. As a person tries to adjust to life without the person they care about, depression may take hold. Anger is another emotion commonly experienced by those who are grieving. This is a normal grief reaction that should be encouraged, with attempts to redirect the anger, which is often displaced (Barry & McGovern, 2000). As one lives with the loss, they become scared, lonely, and confused. Once the person realizes that denying the loss will not make it go away, individuals often become angry (Carson, Butcher, & Mineka, 2000). Sadness, anger, happiness, fear, surprise, hope, contentment, and peacefulness are a few examples of adjectives used to describe how we view death based on the circumstances of the death.

The subject of death is taboo in our society. This situation contributes to the difficulties many have in accepting and coping with the death of a loved one, impeding the process of grief and bereavement (Hendrix and Casjens, 2001). When people refer to death as "passing away," "moving on," or "going to a better place," they are disguising death through euphemistic language. Many people live by the myth that if death is not talked about; it will pass without the pain associated with the loss of a loved one. This only serves to prolong the grieving process, which can result in the stages of death not being resolved. How people mourn and grieve depends on many factors in their lives, including but not limited to the following: gender, beliefs about death, personality type, and perception of the loss according to Gomez-Valero, Latorre, and Silva (2004).

Concept of Life

Obviously, life is the aspect of existence that processes, acts, reacts, evaluates, and evolves through growth (reproduction and metabolism). The crucial difference between life and non-life (or non-living things) is that life uses energy for physical and conscious development, (Dufresne, Garczarek, and Partensky 2005). As regards properties of life, all living organisms

share several key characteristics or functions: order, sensitivity or response to the environment, reproduction, growth and development, regulation, homeostasis, and energy processing. When viewed together, these characteristics serve to define life.

Steps to Take for Longest, Healthiest Life Possible:

According to Welch, Burland, and Plunkett (2002), at the beginning of the 20th century, the average life expectancy at birth in the United States was just under 50 years. Today, the average newborn can expect to live to be 80 years old. This great leap forward has little or nothing to do with genes, and everything to do with advances in public health and healthy lifestyles. During the first 75 years of life, genes have a relatively small influence on longevity, accounting for only 20% to 25% of the reasons why you make it to that age. Not smoking, eating healthfully, getting plenty of exercise, and limiting alcohol matter the most.

Once you hit your mid-80s, genes matter more and more. And, once you're in your 90s, the day your father's sperm fertilized your mother's egg determines how long you're likely to live. There's no need to have your DNA sequenced yet to determine what genes you carry. It won't change what you need to do now. You have the power to change many things that influence your health and how long you live. Here are 10 steps that will help you have the longest, healthiest life possible:

1) Don't smoke.
2) Be physically active every day.
3) Eat a healthy diet rich in whole grains, lean protein, vegetables, and fruits. Reduce or avoid unhealthy saturated fats and trans fats. Instead, use healthier monounsaturated and polyunsaturated fats.
4) Be sure to get enough vitamin D and calcium.
5) Maintain a healthy weight and body shape.
6) Challenge your mind.
7) Build a strong social network.
8) Protect your sight, hearing and general health by following preventive care guidelines.
9) Floss, brush, and see a dentist regularly. Poor oral health may have many effects. It can lead to poor nutrition, pain, and possibly even a higher risk of heart disease and stroke.
10) Discuss with your doctor whether you need any medicine to help you stay healthy. These might include medicines to control high blood pressure, treat osteoporosis or lower cholesterol, for example.

Habits Linked to a Long Life (Backed by Science)

As stated by Silva, Latorre, and Moya (2001), many people think that life expectancy is largely determined by genetics. However, genes play a much smaller role than originally believed. It turns out that environmental factors like diet and lifestyle are key. Tyagi and Saini (2004) present in his texts the following 13 habits linked to a long life:

1. Avoid overeating

The link between calorie intake and longevity currently generates a lot of interest. Animal studies suggest that a 10–50% reduction in normal calorie intake may increase maximum lifespan. Studies of human populations renowned for longevity also observe links between low calorie intake, an extended lifespan, and a lower likelihood of disease. What's more, calorie restriction may help reduce excess body weight and belly fat, both of which are associated with shorter lifespans. That said, long-term calorie restriction is often unsustainable and can include negative side effects, such as increased hunger, low body temperature, and a diminished sex drive. Whether calorie restriction slows aging or extends your lifespan is not yet fully understood.

2. Consume more nuts

Nuts are nutritional powerhouses. They're rich in protein, fiber, antioxidants, and beneficial plant compounds. What's more, they're a great source of several vitamins and minerals, such as copper, magnesium, potassium, folate, niacin, and vitamins B6 and E. Several studies show that nuts have beneficial effects on heart disease, high blood pressure, inflammation, diabetes, metabolic syndrome, belly fat levels, and even some forms of cancer. One study found that people who consumed at least 3 servings of nuts per week had a 39% lower risk of premature death. Similarly, two recent reviews including over 350,000 people noted that those who ate nuts had a 4–27% lower risk of dying during the study period, with the greatest reductions seen in those who ate 1 serving of nuts per day.

3. Try out turmeric

When it comes to anti-aging strategies, turmeric is a great option. That's because this spice contains a potent bioactive compound called curcumin. Due to its antioxidant and anti-inflammatory properties, curcumin is thought to help maintain brain, heart, and lung function, as well as protect against cancers and age-related diseases. Curcumin is linked to an increased lifespan in both insects and mice. However, these findings have not always been replicated, and no human studies are currently available. Nevertheless, turmeric has been consumed for thousands of years in India and is generally considered safe.

4. Consume a variety of nutritious plant foods.

Consuming a wide variety of plant foods, such as fruits, vegetables, nuts, seeds, whole grains, and beans, may decrease disease risk and promote longevity. For example, many studies link a plant-rich diet to a lower risk of premature death, as well as a reduced risk of cancer, metabolic syndrome, heart disease, depression, and brain deterioration. These effects are attributed to plant foods' nutrients and antioxidants, which include polyphenols, carotenoids, folate, and vitamin. Accordingly, several studies link vegetarian and vegan diets, which are naturally higher in plant foods, to a 12–15% lower risk of premature death. The same studies also report a 29–52% lower risk of dying from cancer or heart, kidney, or hormone-related diseases. What's more, some research suggests that the risk of premature death and certain diseases increases with greater meat consumption. However, other studies report either nonexistent or much weaker links—with the negative effects seeming specifically linked to. Vegetarians and vegans also generally tend to be more health-conscious than meat eaters, which could at least partly explain these findings. Overall, eating plenty of plant foods is likely to benefit health and longevity.

5. Stay physically active

It should come as no surprise that staying physically active can keep you healthy and add years to your life. As few as 15 minutes of exercise per day may help you achieve benefits, which could include an additional 3 years of life. Furthermore, your risk of premature death may decrease by 4% for each additional 15 minutes of daily physical activity. A recent review observed a 22% lower risk of early death in individuals who exercised — even though they worked out less than the recommended 150 minutes per week. People who hit the 150-minute recommendation were 28% less likely to die early. What's more, that number was 35% for those who exercised beyond this guidance. Finally, some research links vigorous activity to a 5% greater reduction in risk compared to low- or moderate-intensity activities. Regular physical activity can extend your lifespan. Exercising more than 150 minutes per week is best, but even small amounts can help.

6. Don't smoke

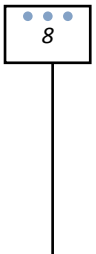
Smoking is strongly linked to disease and early death. Overall, people who smoke may lose up to 10 years of life and be 3 times more likely to die prematurely than those who never pick up a cigarette. Keep in mind that it's never too late to quit. One study reports that individuals who quit smoking by age 35 may prolong their lives by up to 8.5 years. Furthermore, quitting smoking in your 60s may add up to 3.7 years to your life. In fact, quitting in your 80s may still provide benefits. Stopping smoking can significantly prolong your life — and it's never too late to quit. It is true that there is hope ahead. Watch Lesley Stahl, Alyssa Milano, D.L. Hughley & more as they recount the past year and look ahead to the future. Watch our insightful and uplifting conversation on hope, vaccines, mental health & more.

7. Moderate your alcohol intake

Heavy alcohol consumption is linked to liver, heart, and pancreatic disease, as well as an overall increased risk of early death. However, moderate consumption is associated with a reduced likelihood of several diseases, as well as a 17–18% decrease in your risk of premature death. Wine is considered particularly beneficial due to its high content of polyphenol antioxidants. Results from a 29-year study showed that men who preferred wine were 34% less likely to die early than those who preferred beer or spirits. In addition, one review observed wine to be especially protective against heart disease, diabetes, neurological disorders, and metabolic syndrome. To keep consumption moderate, it is recommended that women aim for 1–2 units or less per day and a maximum of 7 per week. Men should keep their daily intake to less than 3 units, with a maximum of 14 per week. It's important to note that no strong research indicates that the benefits of moderate drinking are greater than those of abstaining from alcohol. In other words, there is no need to start drinking if you don't usually consume alcohol. Note it that maintaining a moderate intake may help prevent disease and prolong your life. Wine may be particularly beneficial.

8. Prioritize your happiness

Feeling happy can significantly increase your longevity. In fact, happier individuals had a 3.7% reduction in early death over a 5-year study period. A study of 180 Catholic nuns analyzed their self-reported levels of happiness when they first entered the monastery and later compared these levels to their longevity. Those who felt happiest at 22 years of age were 2.5 times more likely to still be alive six decades later. Finally, a review of 35 studies showed



that happy people may live up to 18% longer than their less happy counterparts. Finally, happiness likely has positive effects not only for your mood but also your lifespan.

9. Avoid chronic stress and anxiety

Anxiety and stress may significantly decrease your lifespan. For instance, women suffering from stress or anxiety are reportedly up to two times more likely to die from heart disease, stroke, or lung cancer. Similarly, the risk of premature death is up to three times higher for anxious or stressed men compared to their more relaxed counterparts. If you're feeling stressed, laughter and optimism could be two key components of the solution. Studies show that pessimistic individuals have a 42% higher risk of early death than more optimistic people. However, both laughter and a positive outlook on life can reduce stress, potentially prolonging your life. Finding ways to reduce your anxiety and stress levels can extend your lifespan. Maintaining an optimistic outlook on life can be beneficial, too.

10. Nurture your social circle

Researchers report that maintaining healthy social networks can help you live up to 50% longer. In fact, having just 3 social ties may decrease your risk of early death by more than 200%. Studies also link healthy social networks to positive changes in heart, brain, hormonal, and immune function, which may decrease your risk of chronic diseases. A strong social circle might also help you react less negatively to stress, perhaps further explaining the positive effect on lifespan. Finally, one study reports that providing support to others may be more beneficial than receiving it. In addition to accepting care from your friends and family, make sure to return the favor. It is pertinent to knot that nurturing close relationships may result in decreased stress levels, improved immunity, and an extended lifespan.

11. Be more conscientious

Conscientiousness refers to a person's ability to be self-disciplined, organized, efficient, and goal-oriented. Based on data from a study that followed 1,500 boys and girls into old age, kids who were considered persistent, organized, and disciplined lived 11% longer than their less conscientious counterparts. Conscientious people may also have lower blood pressure and fewer psychiatric conditions, as well as a lower risk of diabetes and heart or joint problems. This might be partly because conscientious individuals are less likely to take dangerous risks or react negatively to stress — and more likely to lead successful professional lives or be responsible about their health. Conscientiousness can be developed at any stage in life through steps as small as tidying up a desk, sticking to a work plan, or being on time. Being conscientious is associated with a longer lifespan and fewer health problems in old age.

12. Drink coffee or tea

Both coffee and tea are linked to a decreased risk of chronic disease. For instance, the polyphenols and catechins found in green tea may decrease your risk of cancer, diabetes, and heart disease. Similarly, coffee is linked to a lower risk of type 2 diabetes, heart disease, and certain cancers and brain ailments, such as Alzheimer's and Parkinson's. Additionally, both coffee and tea drinkers benefit from a 20–30% lower risk of early death compared to non-

drinkers. Just remember that too much caffeine can also lead to anxiety and insomnia, so you may want to curb your intake to the recommended limit of 400 mg per day — around 4 cups of coffee. It's also worth noting that it generally takes six hours for caffeine's effects to subside. Therefore, if you have trouble getting enough high-quality sleep, you may want to shift your intake to earlier in the day. Moderate consumption of tea and coffee may benefit healthy aging and longevity.

13. Develop a good sleeping pattern

Sleep is crucial for regulating cell function and helping your body heal. A recent study reports that longevity is likely linked to regular sleeping patterns, such as going to bed and waking up around the same time each day. Sleep duration also seems to be a factor, with both too little and too much being harmful. For instance, sleeping less than 5–7 hours per night is linked to a 12% greater risk of early death, while sleeping more than 8–9 hours per night could also decrease your lifespan by up to 38%. Too little sleep may also promote inflammation and increase your risk of diabetes, heart disease, and obesity. These are all linked to a shortened lifespan. On the other hand, excessive sleep could be linked to depression, low physical activity, and undiagnosed health conditions, all of which may negatively affect your lifespan. **Finally, d**eveloping a sleep routine that includes 7–8 hours of sleep each night may help you live longer.

The Bottom Line

Longevity may seem beyond your control, but many healthy habits may lead you to a ripe, old age. These include drinking coffee or tea, exercising, getting enough sleep, and limiting your alcohol intake. Taken together, these habits can boost your health and put you on the path to a long life.

CONCLUSION

Based on the findings, it is pertinent to conclude that death is inevitable and that death is caused by many factors such as natural disasters, cardiovascular diseases, cancers, dementia, diarrheal diseases, tuberculosis etc. People's perceptions of death are numerous. To some, death causes sadness, anger, happiness, tears, surprise, hope, contentment, or peacefulness. Other people experience some of the aforementioned emotions. Pathogen can cause number of diseases such as virus which cause common cold, flu, meningitis etc.; bacteria which causes strep throat, urine tract infection, lyme diseases etc.; fungi which causes virginal yeast infections, thrush, ringworm etc.; parasites which cause giardiasis, malaria, toxoplasmosis etc.

RECOMMENDATIONS

1. Stay away from smoking and a smoker and be physically active every day.
2. Ensure you eat a healthy diet rich in whole grains, lean protein, vegetables, and fruits while ensuring that you reduce or avoid unhealthy saturated fats and trans fats. Instead, use healthier monounsaturated and polyunsaturated fats.
3. Ensure that you consume enough vitamin D and calcium as well as maintaining a healthy weight and body shape.
4. Make a regular challenge of your mind as well as building a strong social network.

5. Protect your sight, hearing and general health by following preventive care guidelines as well as discussing with your doctor on your health status

6. Consumption of more nuts is advisable as nuts are nutritional powerhouses and rich in protein, fiber, antioxidants, and beneficial plant compounds.

7. Consumption of turmeric is recommended due to the fact that turmeric is a great option as this spice contains a potent bioactive compound called curcumin and due to its antioxidant and anti-inflammatory properties, curcumin helps maintain brain, heart, and lung function, as well as protect against cancers and age-related diseases.

8. Eat plenty of healthy plant foods because consuming a wide variety of plant foods, such as fruits, vegetables, nuts, seeds, whole grains, and beans, may decrease disease risk and promote longevity.

9. Moderate your alcohol intake because heavy alcohol consumption is linked to liver, heart, and pancreatic disease, as well as an overall increased risk of early death. Also note that moderate consumption is associated with a reduced likelihood of several diseases, as well as a 17–18% decrease in your risk of premature death.

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