

**FOR IMMEDIATE RELEASE**

**CONTACT:**

**Dr. Damon Z. Cozamanis**

Wilmington, DE

302-437-7246

Email: [dcozamanis@gmail.com](mailto:dcozamanis@gmail.com)

Web: [www.LongevityMadeEasy.com](http://www.LongevityMadeEasy.com)

**DATE: November 15th, 2006**

**RE: Dr. Cozamanis Shows Health, Longevity Made Easy**

Wilmington, DE – How would you like to maximize your chances of living 100 or more years and remain healthy and active for the majority of those years? What about giving your body a fighting chance against a life-threatening illness or disease? As you have probably discovered, there is no shortage of how-to health books on the market, many of which offer counterintuitive or contradictory advice. How can you possibly make sense of everything you see and hear?

Dr. Damon Cozamanis, a Wilmington, DE chiropractor and nutritionist, has developed a cutting-edge health and fitness program that incorporates the latest lifestyle strategies proven to optimize the body's natural defenses against illness and disease while promoting longevity.

"My goal in writing this book was to take the confusion out of healthy living" says Dr. Cozamanis. "I literally sorted through thousands of scientific articles on life extension and began summarizing and organizing the information into a simple and easy-to-follow lifestyle plan." The end result is a ground-breaking book that teaches people how to improve their overall health and increase their chances of living 100 or more years using a holistic approach that has been scientifically proven to work.

As Cozamanis explains, "We all know that good health and longevity are a result of genetics and lifestyle. Most people are shocked to find out just how small a role our genes play in our overall health and life expectancy. Scientists have concluded that only about 20 percent to 30 percent of how long we live is genetically determined. The most important factor is lifestyle. Genetics loads the gun, but lifestyle pulls the trigger."

So what makes this book so much different than others? As Dr. Cozamanis explains, "Longevity Made Easy" is not a fad diet book. It is meant to be used as a 'blueprint' for healthy living and longevity. The book specifically targets the illnesses and diseases that are most likely to lead to premature death including heart disease, cancer, stroke, diabetes and Alzheimer's. It only makes sense that any consideration of improving health and extending life begin with a focus on the diseases most likely to lead to an early death or long-term disability. If you already suffer from poor or deteriorating health the book can offer you a fighting chance at recovery."

In addition to improving your overall health and well-being, specific lifestyle modifications mentioned in the book can also help you to slow or even reverse the effects of aging naturally, improve your energy levels throughout the day without the use of caffeine or stimulants, reduce excess body fat and improve muscle tone, improve your ability to think, concentrate and recall information and improve your sexual vitality and performance without the use of drugs.

The book is available in bookstores nationwide or may be ordered on the web at [www.LongevityMadeEasy.com](http://www.LongevityMadeEasy.com). To request a review copy, or author interview, please contact Dr. Cozamanis at (302) 437-7246.

**About the Author:** Dr. Cozamanis is a 1998 Magnum Cum Laude graduate of Life University, where he earned his doctorate degree in chiropractic. He has spent more than two decades researching and investigating the "secrets" to optimal health and longevity, and has dedicated his life to sharing his vast knowledge with countless individuals nationwide to help them to lead healthier, happier and more vibrant lives. He is currently the director of health and rehabilitation services at Brandywine Chiropractic in Wilmington, DE.