Mindluster Platform

About the course Prevent Sarcopenia treatment

Prevent Sarcopenia course, in this course we will learn about the preventive measures against sarcopenia, a condition characterized by the loss of muscle mass and strength. Through targeted exercises, dietary adjustments including protein intake, and maintaining healthy lifestyle habits, participants will discover effective strategies to preserve muscle mass and prevent the onset of sarcopenia. This comprehensive program aims to empower individuals with the knowledge and tools necessary to maintain muscle health and overall well-being as they age.

Medical Category's Courses

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Lesson 3 : **9 Signs You Have Clogged Arteries Heart Problems 7 Treatments**

Lesson 4 : **Vitamin K2 Vitamin D3 NEW SECRETS Magnesium Calcium MISTAKES**

Lesson 5 : **The HUGE 50 Vitamin K2 Vitamin D3 Magnesium Calcium MISTAKES**

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Lesson 14 : **Top 15 Vitamins Supplements for Neuropathy 3 BIG SECRETS**

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