



Exploring Our Inner Libraries

Years	Pre-conception	-9 months	- 6 months	- 3 months	- 1 month	Birth	1 month
Type of Diet							
Supplements							
Medications							
Vaccinations							
Illnesses							
Accidents/ Incidents							
Interventions /Therapies							
Operations							
Significant people							
Major Events							
Affairs of the Heart							
Children							
Activities							
Studies							
Employment							



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3 months	6 months	1 year	1 1/2 years	2 years	3 years	4 years	5 years



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6 years	8 years	10 years	12 years	14 years	16 years	18 years	20 years



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25 years	30 years	35 years	40 years	45 years	50 years	55 years	60 years



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65 years	70 years	75 years	80+ years