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Understanding the factors that have historically contributed to increasing life expectancy provides valuable insights into public health, societal progress, and medical advancements. Over centuries, various elements—from improvements in sanitation and nutrition to breakthroughs in medicine—have played pivotal roles. While the context and specific factors have evolved, some overarching themes consistently emerge as the most influential. This article explores these themes in depth, examining how they have driven human longevity over time and what lessons they hold for the future.