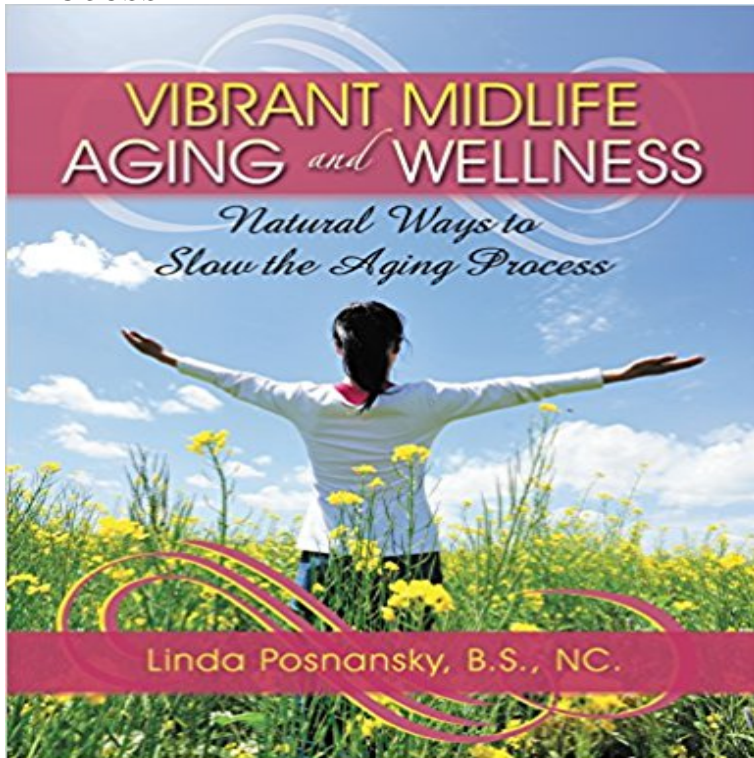


# Vibrant Midlife Aging and Wellness: Natural Ways to Slow the Aging Process



Nutrition Consultant Linda Posnansky helps you to take charge of your health by sharing a mind-body approach to quality aging. The book is written as an easy to follow plan to help you to maintain or even regain vibrant health at midlife and beyond, and to prevent age-related diseases such as heart disease, cancer, Alzheimers, diabetes, arthritis, and osteoporosis etc. Functional assessments (quizzes) are provided to assist you in identifying health areas in need of more focused attention. A template is also included to support you step-by-step in designing your own personalized life-long wellness plan. As you age your nutrient needs increase, and Linda teaches you how to make every bite count by guiding you on how to choose foods with the highest nutritional and antioxidant values. The book also covers advice on exercise, healthy lifestyle habits, and selecting tailored dietary supplements, probiotics and herbs. Linda also supplies useful and easy food substitution and preparation ideas. After implementing the suggestions in this book, you will begin to see and feel dramatic improvements in your energy levels, body composition, skin, mood, memory, pain levels and symptoms. Other areas covered in the book: â€¢ How to delay the visible signs of aging (wrinkles etc.) â€¢ How to reduce middle-age weight gain â€¢ Detoxification, bowel and liver cleansing strategies â€¢ How to boost your own internal anti-aging antioxidants and hormones â€¢ How to enhance

your cellular batteries (mitochondria) â€¢ Female hormonal balance: perimenopause/menopause â€¢ Male hormonal balance and prostate health â€¢ Thyroid Health â€¢ How to discover and remedy your unique nutrient insufficiencies â€¢ How to reduce inflammation and strengthen your immunity â€¢ How to improve your digestion â€¢ How to enhance your beneficial bacteria status â€¢ How to alkalinize your body â€¢ How to improve your circulation and artery health â€¢ How to manage chronic stress and support your body through it â€¢ How to cope with insomnia â€¢ How to protect yourself from electro pollution â€¢ Meal plans/shopping lists â€¢ Healthy aging lab tests

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