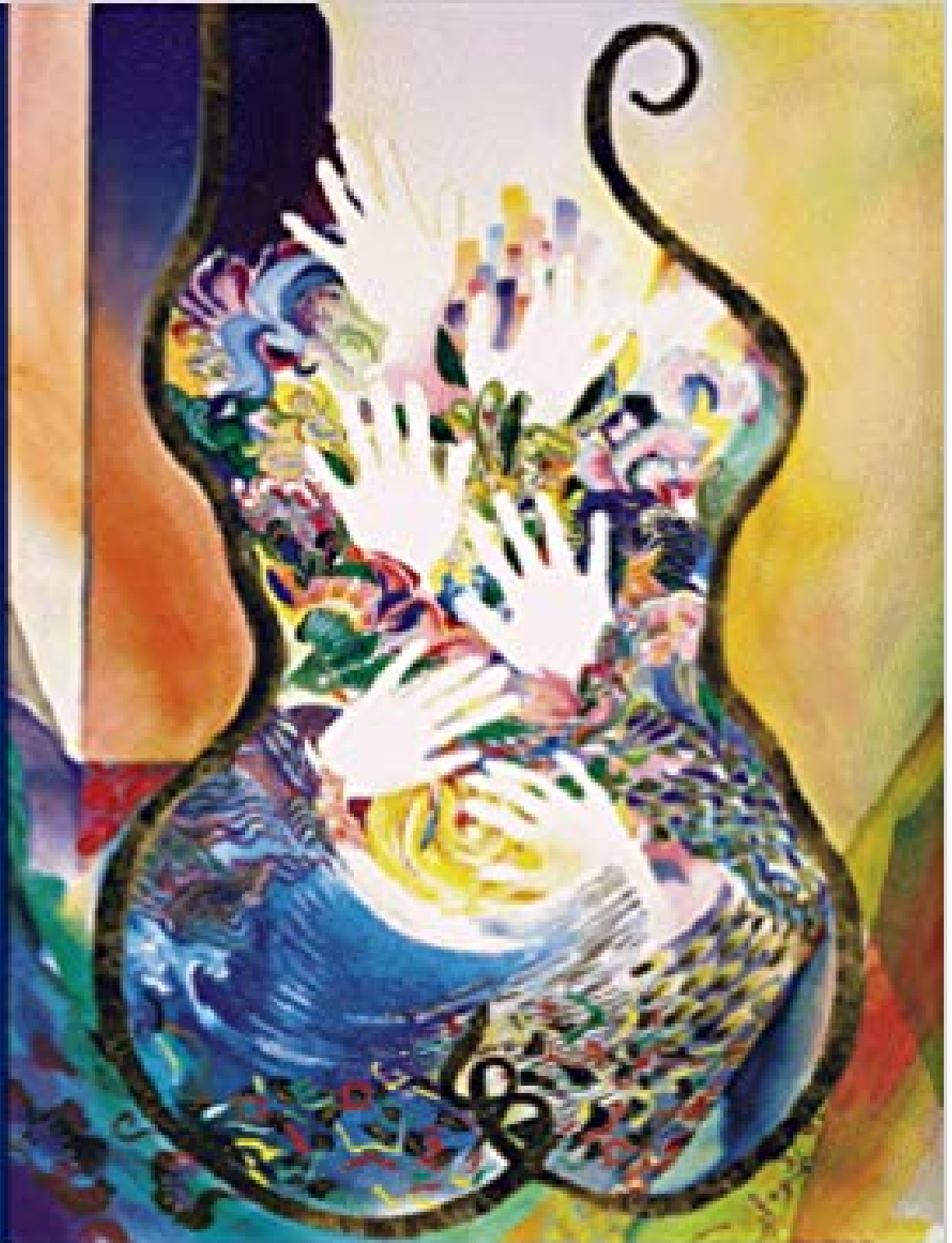


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W O M A N

Serafina Corsello, MD

FOREWORD BY JEFFREY BLAND, PHD

Serafina Corsello

The Ageless Woman



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Century after century, folks have sought out elixirs and magic bullets to add years with their lives and lifestyle to their years. Now, in *The Ageless Girl*, pioneering holistic physician Dr. Serafina Corsello presents cutting-edge information on natural menopause management and anti-ageing hormones. Corsello identifies seven maturing forces genetic glitches, negativity and alienation, unhealthful lifestyle, toxins, devitalized detox organs, impaired immunity and hormonal imbalance. She then addresses each push one at a time, providing proven natural self-care strategies for healing and rejuvenation. Serafina Corsello presents a thorough, pragmatic approach for today - based on more than a quarter century of scientific experience with natural healing and the most recent medical research. Other rarely covered topics include chronic steel toxicity, and chelation and cell rejuvenation therapies. Combining her extensive dietary knowledge with her love of cooking, Corsello shares a few of her exclusive preventive and reparative dishes, like a salad dressing that maintains your intestines healthful, a revitalizing broth for recuperation from flu or colds, a stress-management shake and an all natural cure for food poisoning. Sixty-six-year-old Corsello parts from her visitors with an invitation to live like she will "in the joyous realm of optimum wellness and sustainable vitality". The book is definitely liberally sprinkled with inspirational affected person transformation stories - a tiny sampling from the thousands of patients who've benefited from her approach.



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One of My Favorites This book is among my top 5 favorite and most referenced books in my health library. Peter Roche de Coppens, Ph. This book is filled with important info and suggested remedies and covers a variety from hormones to detoxification to metabolic imbalances, merely to begin. Corsello wisely cautions to avoid for an instant and ponder the paths that people have taken, for good health is truly more than just good nutrition. If somebody is seeking to read a reserve that's everything that conventional medicine should be doing for sufferers... In this age of raising globalization and seemingly endless options for either destroying or restoring our health, Dr. Five Stars A great read." Serafina Corsello tells you just how that you can do that.. Serafina Corsello is on to something right here.D.To conclude, The Ageless Woman is truly a pivotal book whose time has come and that i would greatly recommend to professional and lay persons.Dr. Corsello has a real "gift" for composing and an "encyclopedic knowledge", both at the "horizontal ((quantitative, scientific) level and at the "vertical" (qualitative, intuitive) level. Hence I am convinced that this function and others that will come, as well as her lectures, workshops, and courses can help great many people, both at the nationwide and at the worldwide level, at a time when this kind of knowledge is becoming increasingly more essential and sought.The brand new, emerging medicine can not only be scientific and spiritual but also pedagogical and moral, preventive and therapeutic; Dr.This book has an incredible wealth of theoretical information along with practical applications that both health-professional and the lay person can apply and reap the benefits of. Dr Corsello really "gets it" and what an amazing females she was to place it all in writing for us to benefit from.D.Author of Medicine and Spirituality, Prayer, Device for Recovery, and The Divine Spark, the living and inexhaustible Source of Life, Like, and Wisdom. The need for taking care of your brain, spirit, and body is emphasized throughout the reserve and it is in this balance that true harmony ought to be sought. Regardless of the title, this reserve is most definitely not for women just. There is a tremendous amount to be learned by most of us, man or female. The bond between body and mind, which The Ageless Woman therefore eloquently makes, transcends gender. Corsello offers succeeded in presenting complex thoughts and suggestions in beautifully written and easily accessible prose.this is that book. One chapter contains an herbal detox tea that I could honestly say saved my entire life at one point in time. A book of stability and harmony As I read through this beautifully designed publication, it had been as if the author was speaking directly to me. MANY THANKS, Serafina Corsello! These phrases for me personally epitomize the philosophy of Dr. Corsello. She has devoted her a lot of her life's function to advertising wellness and generously providing others the advantage of her wisdom. This wisdom is normally designed for all of us, only if we choose to take the time to read and listen.We had read component of this reserve at a friend's

house and decided I wanted to own it. The medical and spiritual wisdom embodied in this reserve is the result of decades of intense scientific practice and personal interactions with countless patients. She is full of optimism and life-affirming faith and these qualities come through obviously in *The Ageless Woman*. It will have to handle itself to the whole of human nature and not only for some of its parts and will include the emotional-artistic dimension which includes been greatly neglected. Corsello is an authentic healer and a female who methods what she preaches. Her usage of case histories is incredibly effective in conveying to her readers the opportunities and joys of healthy living. Stability and harmony. This book "puts it all together". Serafina Corsello sums up in one book what I have spent an eternity discovering. Make it along. It knows how to do it. And that is, "Your body has been constructed to heal itself and to maintain itself optimally healthy. Love the various analogies. I have tried her remedies for my particular ailments and they work! Many thanks Serafina. There is indeed much packed into this book that I have read it four times and maintain referring back to it. It can be a great read. Clearly written, really holistic, zeros in about essentials I have read a lot more than 100 books on health-treatment and the new, emerging, holistic medical paradigm and I've also written a couple of books on the same subject but I've never found a book that's clearer, truly holistic, and that zeros into what's truly essential than *The Ageless Girl* by Serafina Corsello, M. This book isn't just about turning back the clock (*The Ageless Woman*) or looking young all of your life, although Serafina Corsello states that it's one of the benefits of following her recommendations. She is 66 years older and looks 46. Serafina Corsello's book draws many bridges over the gaps that mainstream medication finds unfathomable. The ageless woman I've struggled with various medical issues for many years however, not 1 doctor gave me logical answers as to why I actually was having them. Dr. This book is approximately taking charge you will ever have, controlling your destiny, locating the power within you. She offers you self-explanatory answers to concrete health problems. However, the books brilliancy is certainly in its capability to show the connection between seemigly unrelated medical issues and their resulting cummulative effect on what mainstream medicine defines as complete blown illness. Weather you would like to find guidance for yourself or discover what kind of medicine possesses the power to heal this book is the most comprehensive introduction into the wonderful world of healing drawing from cutting edge medical discoveries, historic knowledge of wholeness and sheer joy of life. *The Ageless Woman* My transaction with owner of this book was even and satisfactory and the book was in the condition described. Dr. There is nothing I didn't know about it and I have since that time spent many hours learning from it and attempting to use it to my life style. A book that may improve your life Superb book for women of most ages.



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