

The background of the entire cover is a photograph of a woman from behind, standing in a field of tall green grass and yellow wildflowers. She is wearing a white long-sleeved shirt and has her arms outstretched horizontally to the sides. The sky is bright blue with scattered white clouds. There are decorative white swirls in the upper half and purple swirls in the lower half of the image.

# YOUR MIDLIFE ANTI-AGING PLAN

*Natural Ways to  
Slow the Aging Process*

Linda Posnansky, B.S., NC.

Linda Posnansky

## Your Midlife Anti-Aging Plan: Natural Ways to Slow the Aging Process



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Nourishment Consultant Linda Posnansky allows you to take charge of your wellbeing by posting a mind-body approach to quality aging. The publication is written as a straightforward to follow plan to help you to maintain as well as regain vibrant wellness at midlife and beyond, and to prevent age-related illnesses such as heart disease, cancer, Alzheimer's, diabetes, arthritis, and osteoporosis etc. How to reduce middle-age pounds gain • A template is also included to aid you step-by-stage in designing your own personalized life-long wellness program. Thyroid Health • The reserve also covers advice on exercise, healthy lifestyle behaviors, and selecting tailored health supplements, probiotics and natural herbs. Linda also materials useful and easy food substitution and preparation ideas. Male hormonal balance and prostate health • Other areas covered in the reserve: • How exactly to delay the visible signs of aging (wrinkles etc.) • Functional assessments (quizzes) are given to work with you in identifying wellness areas in need of more focused attention. How to reduce swelling and reinforce your immunity • Female hormonal stability: perimenopause/menopause • How exactly to improve your cellular batteries (mitochondria) • How exactly to boost your own inner anti-maturing antioxidants and hormones • After implementing the suggestions in this reserve, you will quickly see and feel dramatic improvements in your time levels, body composition, pores and skin, mood, memory, pain levels and symptoms. As you age your nutrient needs increase, and Linda explains steps to make every bite count by guiding you on how to select foods with the best nutritional and antioxidant values. Meal plans/purchasing lists • Detoxification, bowel and liver cleaning strategies • How exactly to improve your digestion • How to enhance your beneficial bacteria status • How to alkalize the body • How exactly to manage chronic stress and support the body through it • How to improve your circulation and artery health • How to cope with insomnia • How exactly to guard yourself from electro pollution • How exactly to discover and treatment your specific nutrient insufficiencies • Healthy aging lab tests



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I am a mature women, and am very glad I found this book. I love they way the writer organized the publication in and an easy task to follow way to get to the heart of what's best for you. A great teaching This is an excellent book. One among the most extensive wellness books I've run into. 60s are the new 40s which book makes it so. Five Stars This book is an excellent resource, thorough, and user-friendly. Her recommendations concerning health and wellness are comprehensive and well-researched. It validates some routines I've utilized as time passes and adds so much more information now. Her approach is holistic, made to heal the body from the bottom up using self-assessments that empower the individual to take control of their body. I've attempted some of the suggestions, and have already noticed a positive difference in my life! Life Changing Information! Plenty of detail! A detailed nutrition read, with very clear instructional advice. Very useful for someone trying to boost their health. This book provides easy to follow information that so many people need to . What an amazing resource!. This book provides an easy task to follow information that a lot of people need to take their health to their own hands. Answers queries you would otherwise require a lifetime and several graduate degrees to research in today's crazy nutrition misinformation age group. Probably the best nutrition publication I ever go through! Your wellbeing will speak for itself..!! It's chock filled with information, but reads easily! This is an superb read that will not disappoint. This is an excellent read that will not disappoint Linda's expertise in healthful aging for disease prevention can be summarized in one word--astounding. A genuine treasure trove of useful information.



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