

How to stay young, naturally!

USA Today- Recent study was done on people 60+, when asked about things they would have done differently to prepare for their senior years- the top 2 items were taken better care of their health and spending more time with family.

Biological age vs. chronological age

Factors of the aging process-

1. **Oxygen and free radicals-** produce toxic chemicals in the body that hinder metabolism, accumulation of toxic breakdown products slows down body chemistry & interferes with enzyme functions. Scientists say we experience 10,000 individual free radicals each day.

2. **Sugar and inflammation-** robs our body of minerals (especially chromium, potassium, zinc, and b vitamins). They prevent movement of efa's and stress our pancreas and adrenal glands, inhibits our immune system, feeds yeast/bacteria, dissolves minerals in our teeth and causes WRINKLING.

Fact- rats that live on a calorie restricted diet with no sugar live 50% longer.

3. **Stress and your environment-** our capacity of stress has limits, if we exceed them, our body breaks down, two types of stress: positive (things we choose to engage in/challenges us and strengthens) negative (tears us down). Physical, chemical, and emotional stresses on the body.

The Drugless Doctors anti-aging wellness plan-

1. Chiropractic- Supports your brain and N.S. stabilizes and enhances your ability to rebuild/heal yourself.

3. Digestive efficiency, optimal bowel flora, bowel movements

4. Clean water- drinking $\frac{1}{2}$ your body weight in ounces per day

5. Avoidance of external/internal toxic influences (air, environment, chemicals, foods)

6. Exercise-brain and body health, detoxification, balancing hormones, movement is life

Half hour to Health – How to Improve Your Skin Naturally - March 6th at Noon and March 7th at 6 PM

February Specials

1. The Omega Test – great test for wanting to stay young – normally \$165 is on special for \$130 all month
2. All essential fatty acids are on special this month - %10 off
3. Rapid and Daily Immune Response are on special - %10 off