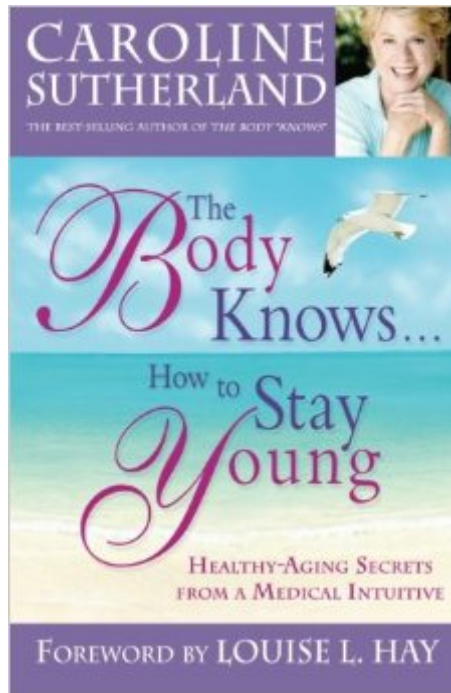


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# The Body Knows... How To Stay Young: Healthy-Aging Secrets From A Medical Intuitive



## Synopsis

Is it possible to actually slow down the aging process? Health educator and medical intuitive Caroline Sutherland says yes; and when you look at this vital, energetic woman who's in her mid-60s, you can tell she has a few secrets that are worth sharing. This is a book that certainly comes along at the right time: With much of the population moving into retirement age, and billions of dollars being spent annually on vitamins and anti-aging therapies, men and women are eagerly seeking healthy approaches during their later years. Men and women are often wary about what might befall them as the numbers tick away. Fortunately, Caroline has answers for the chronic degenerative breakdown that leads to mobility issues, decrease in hearing and vision, osteoporosis, and arthritis--not to mention memory loss. With her expert wisdom and sparkling sense of humor, Caroline covers the four components of a vibrant-aging program, showing in the process that the body has a phenomenal capacity to repair. <sup>^</sup> This book is perfect for you if you want to live a long and vivacious life and fulfill your destiny!

## Book Information

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## Customer Reviews

As a yoga instructor and self-described lover of the connection in Mind/ Body/ Spirit books, I found "The Body Knows How to Stay Young" to be very well named. It is a wonderful invitation for all to acknowledge our body's power and ease for vitality and health. As a mother of a two year old and teen, I honed in on the sections that could help me create more energy in my day. With Caroline's facts, it was hard to dispute that my caffeinated coffee might be depleting my energy rather than adding to it. Hesitant, yet curious, I switched over to decaf to see for myself! True to her word and

even though I had already been cutting my coffee back from the usual big gulp, the switch made a distinct difference in my energy levels, emotionally and physically. This book delivers on its promise to describe paths to spiritual and physical wellness, in a way that is empowering. Caroline's insights also provided the information needed for me to help my teen daughter who has been having headache issues. A few tips from Caroline helped my daughter embrace the idea of trying a sugarless diet. The headaches have dissipated as well as the dizzy spells. This book contains clear and concise "secrets of vibrant aging and health" broken into four parts that include: stopping the body breakdown, regeneration, balance and igniting passion. I love the fact that Caroline moves beyond the medical and also addresses the emotional wellness factor, using practices that I also teach for vitality and clarity, including; breath meditations, affirmations and practical tools that are easy to apply for spiritual and energetic health.

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