

# **A Healthier You**

## **How To Slow The Aging Process**

by  
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Aging is defined as a progressive degeneration of cellular structure. Our current scientific methods do not allow us to stop this process, but it is understood that certain physiologic and environmental stimuli are responsible for advanced aging. Your body is actually designed to last many more years than you might think, and **it can** with knowledge and practice according to natural law. Your diet, the quality of air you breathe, the way you manage stress, the kind of exercises you do, the quality of rest you get, all these lifestyle choices effect the rate at which you age and the quality of your life.

**Lifestyle choices** is the key to slowing the aging process and relieving the aches, pains, indigestion, insomnia, anxiety, depression, headaches, arthritis and the list goes on and on. I'm sure that some of you are saying to yourself right now, "How can she say this, my health problems are genetic, I have no choice." Yet I tell you now, I know people who have turned their degenerating health around by making lifestyle choices based on natural law.

The law says that you must get the proper amount and type of rest to restore your body. The law says that you must exercise regularly if you want to preserve your muscles, bones and cardiovascular system. The law says that you must manage and eliminate stress to preserve your adrenal glands. The law says that you should breathe deeply to supply your body and brain with the necessary oxygen. The law says that you should have good posture so that all the nerve transmissions that travel through your spinal column to and from your brain can travel without interference. The law says that you must get the proper nutrition if you expect longevity from your body.

The law says that you must make healthy **lifestyle choices** in all these areas if you truly want good health and to slow your aging process.