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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

PSYCHOTHERAPY, SPIRITUALITY, AND AGING

By Dr. Dorree Lynn

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As I work with people fifty and over, I am aware that no matter how important the psychologically related issues of their personal lives may be, it is rare when spirituality doesn't become an issue fairly early in our work together. As my patient, Jamie, a tall, shy, sixty-three year old woman said: "Although I entered therapy to try to come to terms with so many possibilities that I have never considered before, such as my failing health, my dislike of my body which no longer holds its shape, my fear of being alone, wondering what I would do if my husband Sam dies before me, and, of course, dealing with my own potential death, the truth is that I never really expected to feel so peaceful and serene as I aged. I think it has to do with my new interest in spirituality and what meaning it holds for me. I have found myself going to church again after a lapse of many years. I'm still not sure I believe in God, but I do seem to believe in something greater than myself." Quietly she looked at me, a question in her lovely blue eyes. Finally, she asked: "Do you believe in God?"

Somewhere in mid-life many people begin to realize they are not going to live forever. Often, as with Jamie, they enter psychotherapy to deal with very real life issues only to find that they flow easily between talking about their personal dynamics and their cosmic beliefs. A 1995 Gallup poll found that the older a person is, the more important the rituals of religion were likely to be. Also, findings are consistent that older people who use religion to cope do better psychologically and physically than those who do not.

As we age, the concept of spirituality —whether through or apart from religious ritual — takes on greater significance. Since our population is aging and for the first time in our history seniors will outnumber youth, perhaps there will be a change in the ways our society views both age and spirituality. Ultimately we need to move towards the ultimate answer, which is as old as time: We need to give back and to love.

This column's for you,

DR. D

Dorree Lynn, PH.D

Dr. Dorree Lynn is co-founder of the Institute for the Advanced Study of Psychotherapy and a practicing clinician in New York and Washington, DC. Dr. Lynn served on the executive board of the American Academy of Psychotherapists and she is on the editorial board of their publication, Voices. She is also a regular columnist for the Washington, DC newspaper, The Georgetownian. Dr. Lynn is a noted speaker and well known on the lecture circuit.

Anti Aging Skin Care Popular Methods

By Oliver Turner

While exploring the scope of anti-aging skin care treatment, the most commonly asked question is 'What skin renovation medicines have so far proved to be effective'? Collecting right information regarding the anti aging treatments flooding the marketplace is the best strategy to adopt anti aging skin care techniques that suit your aging skin.

To regain your eternal beauty and to get back your youth, go with the anti aging skin care supplements. Anti aging cosmetic products can dramatically improve your look by nourishing you from inside. And that is a natural procedure. No need to go for a painful surgery. Anti aging skin care products can drastically change the way you look and can make you feel young. You can challenge the aging process with anti aging skin care medicines that provide life to your dry or oily skin. You can really stall the ageing process for a few more years with anti aging skin care treatments and enjoy the excitements of youthful life. Try to select anti aging products that will alleviate your rough and dry skin and provide sufficient hydration. Make sure that your anti aging skin products get promptly absorbed into your skin and produce immediate results. Check out whether your anti aging product is hypoallergenic and non-photo toxic. Be careful about damaging your skin instead of repairing it.

Anti aging supplements will rectify the health of your internal system as well as take proper care of your sensitive and wrinkle prone skin. Anti-aging skin care cosmetics usually contain active anti aging components that support the skin's natural ability to remove free radicals, age spots, and chemical toxins that obstruct healthy skin, and improve your skin agility and elasticity. A good quality anti aging product can reduce skin drooping and wrinkling. Anti aging skin care supplements works in complete harmony with the body, supplying and balancing the necessary anti aging dietary requirements thus making your skin glow and look young for a long period of time.

We have made the most comprehensive research on the subject of anti aging skin care products. Find the results only on

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