

This Free E-Book is brought to you by Natural-Aging.com.

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

Should Boomers Age Gracefully? No Way!

By Barbara Morris

Andrew Weil, MD, an influential advocate of alternative/integrative medicine has decided to "age gracefully." (Los Angeles Times, December 5, 2005, "Aging with grace, naturally.")

Age gracefully? He has to be kidding!

>From my 76-year-old perspective, Weil, at 63, is a youngster who has made an untimely decision to become a poster boy for acceptance of early decline. Unfortunately, countless people will follow his example.

It's difficult to be at odds with Dr. Weil. His advocacy of healthy living is without peer. His recognition of the role of inflammation in the disease process is light years ahead of traditional medicine. He has earned the respect and acclaim he enjoys.

Dr. Weil's decision to succumb to graceful aging appears to be his belief that it's not possible to reverse the aging process. It can't be, and everyone knows that. But what everyone should know, and should be encouraged to know, is that the aging process can be managed and controlled, enabling those in their 70s and 80s to do what they were able to do 25 years earlier. It's aging deliberately, defiantly, and with passion.

The term "aging gracefully" means different things to different people. One thing is certain: it does not suggest toughness.

To me, aging gracefully means letting go, just letting life happen. It suggests giving up goals, dreams, productivity, and challenge. It's placidly waiting for death. A hallmark of graceful aging is a subtle but rapid and relentless onset of typical signs of "oldness."

Many people accept aging gracefully as part of the human experience. After all, we are born to die, regardless of how well we live. We take vitamins, eat right, exercise, and then we die anyway. So it makes sense to enjoy life as much as possible.

Should Boomers Age Gracefully? No Way!

Youth is a gift. In later years, having youthful characteristics such as mental and physical strength, flexibility, and independence takes effort. It means ignoring what tradition or custom has set as a standard for a given stage of life. It's daring to be different. It's putting a treadmill next to an inviting recliner in front of a TV and choosing to walk for an hour instead of sitting. It's about deliberately opting to make the older years fun, rewarding, and even amazing.

Many residents of nursing homes have chosen, or allowed themselves to age gracefully. Perhaps they would not be where they are if they had made different lifestyle choices early on. According to gerontologist John W. Rowe, MD, 70 percent of the aging process is controllable with wise lifestyle choices. That's an enormous amount of personal power to wield over the outcome of your life. Why give it up for wimpy graceful aging?

Dr. Weil has made a decision to forfeit a large part of his aging power, but you don't have to. You DO have choices. You CAN manage your aging process. Learn how to extend, maintain and control the

best of your Boomer years well into the future. Start now!

Barbara Morris, R.Ph. is a pharmacist and recognized expert on anti-aging and youth preservation strategies. She is author of Put Old on Hold. Her website is

<http://www.PutOldonHold.com>

. She can be

reached at

Barbara@PutOldonHold.com

What's Your NICHE Market - III ?

By Gillian Tarawhiti

What's Your NICHE Market - III ? by Gillian Tarawhiti

What effect are the baby boomers having on the economy I hear you ask. Folks, in 2005, the economy IS the boomers!

Boomers represent the vast majority of the work force. There are 76 million of boomers in the US alone; they ARE the economy. (That is not an exaggeration; that is a statistical reality.) Baby Boomers represent only 28 percent of the US population - yet they represent 50 percent of the economy.

The Baby Boomers are obviously aging and because of this are willing to spend anything to stay young, healthy and full of vitality.

Should Boomers Age Gracefully? No Way!

So keeping this in mind the NICHE market to take full advantage of (drum roll please) is the Wellness Industry.

According to research, the wellness industry is headed for over ONE TRILLION dollars by the year 2010. This wellness movement will surpass the dot com revolution.

Paul Zane Pilzer Economic Advisor to two presidential administrations and three-times New York Times best-selling author explains The Wellness Revolution.

"The boom in the Wellness Business is ready to explode in a way never before in our history. At over 12 billion dollars in the U.S.A. and Canada this is just the tip of an ever-growing iceberg."

Paul goes on to say ... "there's a great window of opportunity for network marketing companies to educate consumers about wellness products and services."

"I see great opportunities coming for the network marketing industry because network marketing is clearly the best vehicle we have today, in the United States and around the world, to educate people about new products and services."

"I see great opportunities for network marketing and network marketers because they're the fastest way to get the new information out there."

(Exerts from An Interview with Paul Zane Pilzer By John David Mann and John Milton Fogg From Network Marketing Lifestyles Magazine Sept. 2001)

So to summarise, the seemingly untapped NICHE at this time is the WELLNESS industry and your market are the BABY BOOMERS.

To your Success!

Should Boomers Age Gracefully? No Way!



This Free E-Book has been brought to you by Natural-Aging.com.

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