



Thanks to medical advances, nutritional supplements and healthier lifestyles, we can expect our mature years to be livelier and more enjoyable than ever before. It's just a matter of learning how to take control of your journey on the road to longevity.

Although you can't stop those birthdays from coming, there are things you can do about your biological age.

Fifty Years Plus and Loving It!

Eat well to stay fit

It's more important than ever to eat a balanced, whole-foods based diet.

- Include plenty of whole grains, low-fat protein, vegetables and fruits each day.
- Cut down on your sugar and caffeine consumption.
- Avoid fried foods, fast foods and processed foods.
- Chew your food well, and enjoy the different flavors, textures and colors. (Adequate chewing assures optimum enzyme activity, which in turn provides optimum digestion.)
- Add garlic, flax seed oil and cold-water/deep sea fish to your diet to maintain healthy cholesterol levels.
- Eat your last meal of the day as early as possible to allow for proper digestion and nighttime rejuvenation.
- And don't forget to drink at least 8-10 glasses of water to keep your body hydrated and to flush out toxins.

Recommended nutrients

- 1 Take your vitamins! Most health experts agree that, because of environmental toxins and depleted soils, it's hard to get all the nutrients you need from food. Take a multi-vitamin/mineral complex to be sure.
- 2 Boost your immunity with these antioxidants:
 - **Astragalus** – strengthens the body's defensive energy that protects against invading bacteria and viruses.
 - **Ganoderma** – also known as Rishi, this mushroom promotes longevity, boosts immunity and maintains vitality.
 - **L-Arginine** – is an amino acid crucial for optimal muscle growth and tissue repair, and enhances the release of growth hormone. It also improves immune response and promotes wound healing.

Keep Moving

Muscle tone is a big key to staying healthy longer. Without exercise, estimated muscle mass declines 22 percent for women and 23 percent for men between the ages of 30 and 70. Exercise can prevent this loss, and most importantly, increase the production of free radical-scavenging enzymes, which protect your body from increased oxygen-related stress.

- **Regular resistance training**—lifting hand-held weights or working on weight machines for 20 minutes three times a week—can maintain muscle mass, prevent bone loss and help control weight.
- Try something **fun and new** like ballroom dancing, which is also great for meeting people.
- Take a **Tai Chi** class for relaxation and balance, or a yoga class to maintain flexibility.



Feel Hot because you're beautiful — not because your hormones are taking over!

POST-MENOPAUSAL FORMULA Hormonal Balance and Aging Defense contains remarkable ingredients that nature provides to deal with a mature woman's health issues. Botanicals like, black cohosh, wild yam and dang gui have been successfully used for thousands of years to ease the symptoms of menopause, by improving hormonal balance. These ingredients, combined with flax seed and isoflavones, to help decrease the risk of serious illness – along with calcium, vitamin D and vitamin E to support bone density and skin health - make Post-Menopausal Formula invaluable to your daily regimen.



Make These th