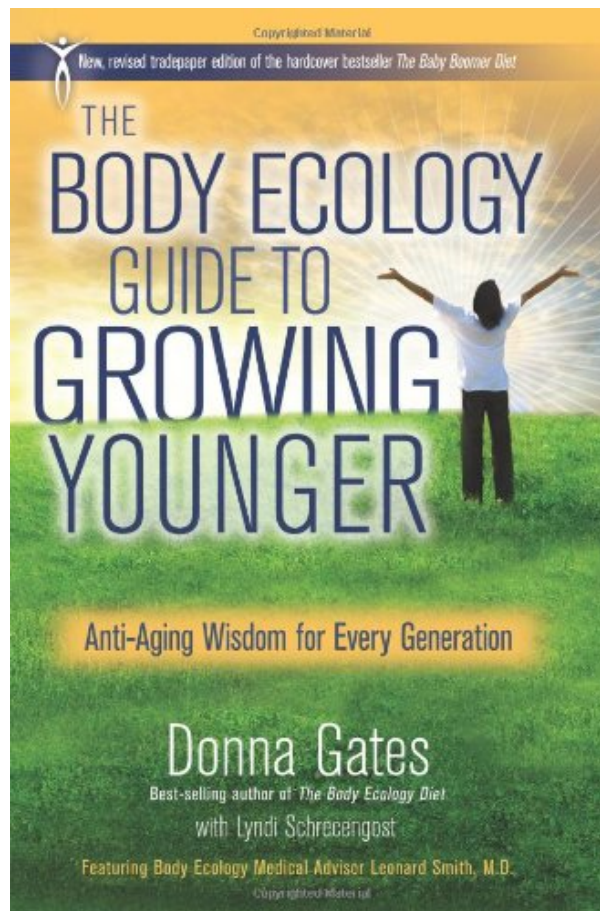
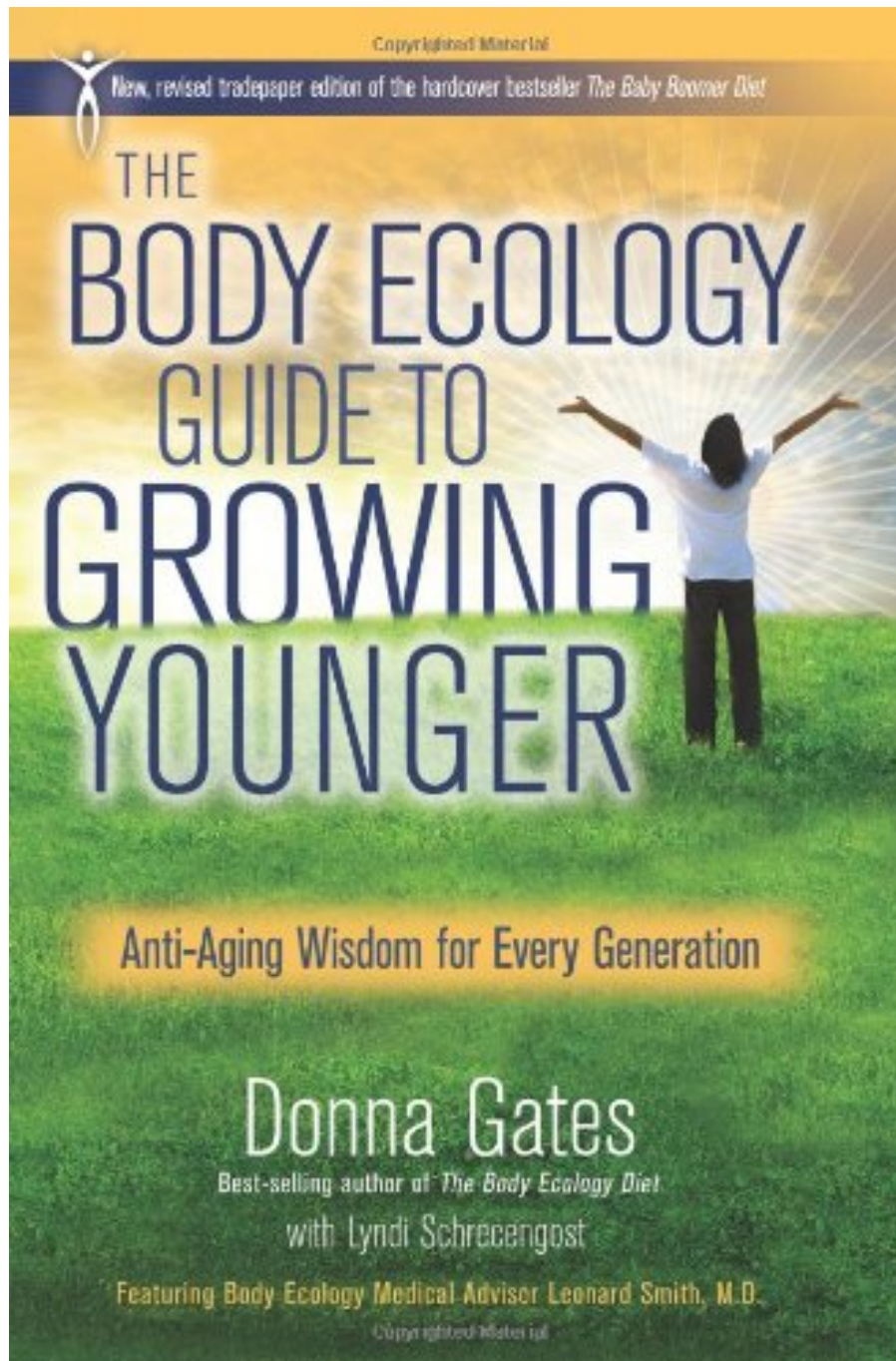


THE BODY ECOLOGY GUIDE TO GROWING YOUNGER: ANTI-AGING WISDOM FOR EVERY GENERATION BY DONNA GATES



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As baby boomers, we're a generation that has transformed society. How will we redefine aging? This book provides a blueprint for restoring a vital friendship with our bodies and, in turn, renewing our bond with the earth. It shows us how we can live fuller, healthier, more meaningful lives.

A fascinating blend of cutting-edge medical information, practical health advice, and spiritual wisdom, The Baby Boomer Diet is relevant for people of any age. Written by Donna Gates-theoriginator of Body Ecology,a world-renowned system of healing-this long-awaited book suggests that we don't simply have to age gracefully, we can age with panache.What's Inside This Groundbreaking Book:

- Anti-aging remedies that will make you feel and look younger
- The missing piece to all traditional diet programs
- Insight into why we age and how we can prevent it
- Little-known wellness secrets that address the stresses and pressures of our modern world

- Sales Rank: #206850 in Books
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- Published on: 2013-01-08
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x 1.10" w x 5.90" l, 1.05 pounds
- Binding: Paperback
- 360 pages

Features

- The Body Ecology Guide To Growing Younger Anti Aging Wisdom for Every Generation

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6 of 7 people found the following review helpful.

She came highly recommended so I recently ordered this book after spending a ...

By BBELLE

I am somewhat new to the works of Donna Gates. She came highly recommended so I recently ordered this book after spending a few weeks reading on her site. I'm only about 4 chapters into the book and was pleased to find that I had already implemented several of her ideas and suggestions for improving gut health, so I am on the right track, a work in progress, and there is more I can do!

So far the book is excellent and very helpful, I highly recommend it!

I'm sure that I'll have more comments and opinions as I read along.

It's also worth checking out her website, BodyEcology.com, there is a wealth of information available. In addition, her products Vitality Super Greens, Super Spirulina, and Earth Minerals are of superior quality. I have been consuming them for about two months now, first thing in the AM, after water, and I sure feel much better for it.

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My new Super Hero Donna Gates! Finally an answer to my issues! Thank you! Thank you ! Thank you!

4 of 4 people found the following review helpful.

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By Retired in Florida

I bought 3 books of this series. You might not need as many. But this is a big change for me and I wanted to have references to check. This information is specific to older adults, so it may be all you need to get started. You will need to refer back as you progress in the diet. I put sticky notes on the pages I need to refer to. Overall a good guide. But one read is not enough.

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