

Title:

Anti-Aging Tips for Baby Boomers in Retirement

Word Count:

851

Summary:

Herbal remedies and natural healing methods to help baby boomers in retirement attain better health.

Keywords:

alternative medicine, anti-aging, antiaging, homeopathy, aging, health, healing, holistic, herbs

Article Body:

Many baby boomers in retirement are becoming more and more concerned with their health needs.

According to a recent study by Herbal News Magazine, baby boomers born between 1948 and 1953 are

Fortunately, it's not too late for baby boomers to become pro-active in their own physical well-being.

Use Herbs to Supplement Diet

Herbs have been around since the earth's beginnings and can often be found in seasoning and spices.

Some popular herbs for enhanced health and anti-aging include oregano, alfalfa, wheat germ, Echinacea,

Baby boomers in retirement can see a holistic doctor or one that specializes in homeopathy to

Natural Healing

Another way baby boomers can improve health and prolong the aging process is through natural medicine.

There are several natural healing methods. Acupuncture is a Chinese therapy in which fine needles

Choose All-Natural Beauty Products over Chemically-Based Products

Chemically-based beauty products might work wonders at enhancing beauty for now, but long-term

Physical Activity, Healthy Eating, and Relaxation

Three other key factors to good health for baby boomers are physical activity, healthy eating,

These methods have helped many people, but a doctor should be seen with any serious illness. Herbs

Baby boomers in retirement don't have to stand by and watch their health go downhill. The Internet

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