

Title:

Baby Boomers Ultimate Anti- Aging Concepts: 5 Radical Tips

Word Count:

908

Summary:

We've all heard the ^fountain of youth~ programs. There must be dozens of them: pills, cream

At the tender young age of 30 I decided I wanted to stop growing older. Why would I want to

Keywords:

anti aging, health, women, baby boomers,fitness

Article Body:

By Ray Page

Many of us ^Baby Boomers~ are each beginning to feel our age, and we're starting to live it to

By the time we hit our 50's, we may have feelings that our lives are not as they could be. Ye

I'm here to tell you that in order to really slow that clock down, we must get ^radical~ in ou

Getting radical is a process that occurs within ourselves. First of all, it's the power of ou

1. Firewalking: How does walking on fire relate to youthing? An art that's been practiced i

2. Breathwork. This is a simple yet profound yogic breathing technique that has a cleansing

3. Fasting. As I write this, I have just completed a four-day fast. (How could I talk my t

4. Physical Immortality. Now here is an idea whose time has arrived. Let's imagine this con

5. Hypnosis. As Deepak Chopra has written in AGELESS BODY TIMELESS MIND: ~Aging seems to be

It's a proven fact that our bodies are constantly creating new and healthy cells to replace ol

My conclusion is that over 14 million hits on Google for ^mind/body connection~ can't be wron

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