



The Baby Boomer Diet: Body Ecology's Guide to Growing Younger: Anti-Aging Wisdom for Every Generation

Donna Gates, Lyndi Schrecengost

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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
- Ways to apply Body Ecology's seven universal principles to the health challenges associated with aging
- Superfood recommendations for increased energy, vitality, and disease prevention

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The book *The Baby Boomer Diet: Body Ecology's Guide to Growing Younger: Anti-Aging Wisdom for Every Generation* gives you the sense of being enjoy for your spare time. You should use to make your capable much more increase. Book can to become your best friend when you getting strain or having big problem together with your subject. If you can make studying a book *The Baby Boomer Diet: Body Ecology's Guide to Growing Younger: Anti-Aging Wisdom for Every Generation* for being your habit, you can get far more advantages, like add your own personal capable, increase your knowledge about a few or all subjects. It is possible to know everything if you like open and read a publication *The Baby Boomer Diet: Body Ecology's Guide to Growing Younger: Anti-Aging Wisdom for Every Generation*. Kinds of book are several. It means that, science publication or encyclopedia or other folks. So , how do you think about this guide?

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