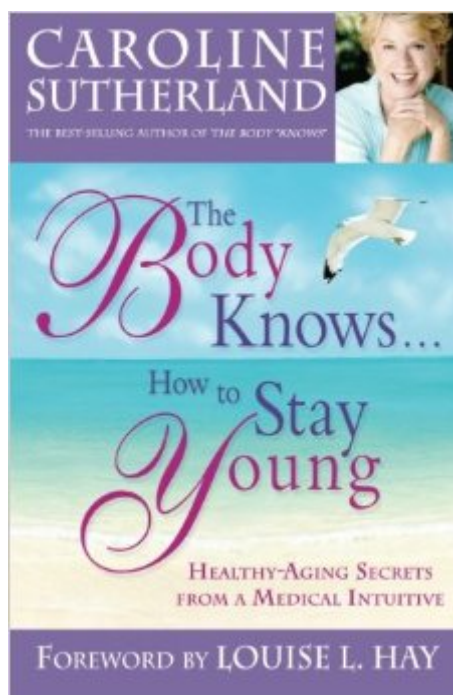


The book was found

The Body Knows... How To Stay Young: Healthy-Aging Secrets From A Medical Intuitive



Synopsis

Is it possible to actually slow down the aging process? Health educator and medical intuitive Caroline Sutherland says yes; and when you look at this vital, energetic woman who's in her mid-60s, you can tell she has a few secrets that are worth sharing. This is a book that certainly comes along at the right time: With much of the population moving into retirement age, and billions of dollars being spent annually on vitamins and anti-aging therapies, men and women are eagerly seeking healthy approaches during their later years. Men and women are often wary about what might befall them as the numbers tick away. Fortunately, Caroline has answers for the chronic degenerative breakdown that leads to mobility issues, decrease in hearing and vision, osteoporosis, and arthritis--not to mention memory loss. With her expert wisdom and sparkling sense of humor, Caroline covers the four components of a vibrant-aging program, showing in the process that the body has a phenomenal capacity to repair. Â This book is perfect for you if you want to live a long and vivacious life and fulfill your destiny!

Book Information

Paperback: 336 pages

Publisher: Hay House (July 1, 2008)

Language: English

ISBN-10: 1401920241

ISBN-13: 978-1401920241

Product Dimensions: 5.4 x 0.9 x 8.4 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #684,689 in Books (See Top 100 in Books) #82 inÂ Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #5498 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #12365 inÂ Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

As a yoga instructor and self-described lover of the connection in Mind/ Body/ Spirit books, I found "The Body Knows How to Stay Young" to be very well named. It is a wonderful invitation for all to acknowledge our body's power and ease for vitality and health. As a mother of a two year old and teen, I honed in on the sections that could help me create more energy in my day. With Caroline's facts, it was hard to dispute that my caffeinated coffee might be depleting my energy rather than adding to it. Hesitant, yet curious, I switched over to decaf to see for myself! True to her word and

even though I had already been cutting my coffee back from the usual big gulp, the switch made a distinct difference in my energy levels, emotionally and physically. This book delivers on its promise to describe paths to spiritual and physical wellness, in a way that is empowering. Caroline's insights also provided the information needed for me to help my teen daughter who has been having headache issues. A few tips from Caroline helped my daughter embrace the idea of trying a sugarless diet. The headaches have dissipated as well as the dizzy spells. This book contains clear and concise "secrets of vibrant aging and health" broken into four parts that include: stopping the body breakdown, regeneration, balance and igniting passion. I love the fact that Caroline moves beyond the medical and also addresses the emotional wellness factor, using practices that I also teach for vitality and clarity, including; breath meditations, affirmations and practical tools that are easy to apply for spiritual and energetic health.

[Download to continue reading...](#)

The Body Knows... How to Stay Young: Healthy-Aging Secrets from a Medical Intuitive Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Psychic: The Ultimate Guide on How to Reclaim Your Psychic and Intuitive Gifts (Psychic, Intuitive, Empath, Clairvoyance) Ebersole & Hess' Toward Healthy Aging: Human Needs and Nursing Response, 8e (TOWARD HEALTHY AGING (EBERSOLE)) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process, The Medical Terminology: Medical Terminology Made Easy: Breakdown the Language of Medicine and Quickly Build Your Medical Vocabulary (Medical Terminology, Nursing School, Medical Books) Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets Yes! You Can Stay Young And Healthy Forever At No Cost And Without A Diet. Lecture 119, Dirasaat 1969: Just Use The Power of Your Mind. Best Music for Young Band: A Selective Guide to the Young Band/Young Wind Ensemble Repertoire BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract

Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Body Language: Discover and Understand the Psychological Secrets Behind Reading and Benefitting From Body Language (Read People On Sight - Body Communication - Nonverbal Communication) Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Splitsville: How to Separate, Stay Out of Court and Stay Friends Too Good to Leave, Too Bad to Stay: Decide Whether to Stay In or Get Out of Your Relationship Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series)

[Dmca](#)