

“Vibrant Midlife Aging and Wellness” Seven Week (1-1/2 Hour) Class

In this informative 7 week class, Linda will guide you on how to be an ally for your lifelong health. Each class offers many proven tips and strategies on how to enhance and/or restore your body's innate healing ability, balance and vitality. Additionally, you will gain knowledge on how to boost your nutritional status, slow down accelerated aging, and prevent age-associated chronic diseases. Some simple health assessments and techniques will also be provided to evaluate your current nutritional, digestive and metabolic status. Every week Linda will be supporting you in ultimately developing your own workable lifelong wellness plan. The class is designed to follow along loosely with Linda's book on vibrant midlife aging, and purchasing Linda's book is mandatory for attending the class.

Week One: Introduction to Vibrant Midlife Aging and Wellness;

- What is aging?
- The mind body connection: how thoughts influence the body.
- Nutrient density

Week Two: Macronutrients: our Primary Food Constituents:

- Protein, fats and carbohydrates
- Selecting the highest quality macronutrient sources.
- Boosting digestion and absorption in midlife.
- Food intolerances.

Week Three: Middle-Age Weight Gain

- A healthy body composition
- Dysfunctional metabolism
- Emotional Eating

Week Four: Accelerated Aging Promoters and Prevention:

- Cell damaging free radicals and oxidative stress
- Anti-aging antioxidants (neutralize free radical cell damage)
- Nutrient insufficiencies in midlife
- How to boost mitochondrial function (our cell's batteries)

Week Five: Reducing Other Sources of Accelerated Aging:

- Shortened telomeres
- Acidity and Alkalinity
- Inflammation
- Nitric Oxide depletion

Week Six: Strategies to Support Lifelong Youthfulness and Vibrant Aging:

- Movement and Exercise
- Stress Reduction
- Detoxification
- Preventing premature visible signs of aging

Week Seven: Putting it all Together: Completing Your Lifelong Wellness Plan

- Key Points and Takeaways
- Resources
- Open sharing time-participant successes and breakthroughs
- Final Questions

Call Linda to find out when the next class is scheduled. Fee: \$140. For 7 week class, plus cost of Book