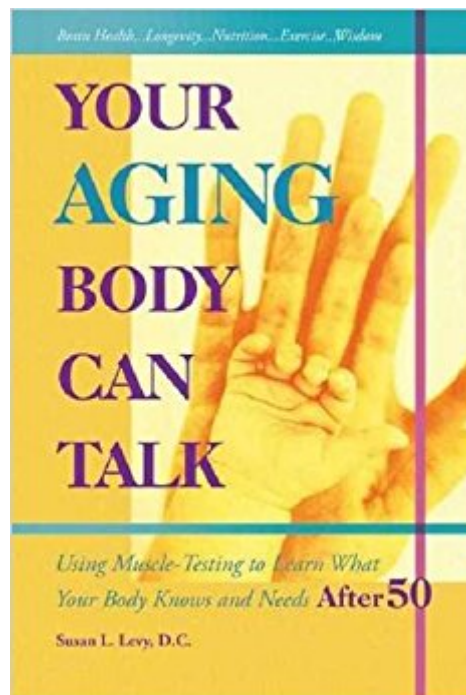




The book was found

Your Aging Body Can Talk: Using Muscle -Testing To Learn What Your Body Knows And Needs After 50



Synopsis

Written by a chiropractor and alternative health practitioner with over 30 years of experience, this book addresses health and wellbeing of body, mind and spirit for an aging population (50+). Uniquely, this material is presented through the lens of Clinical Kinesiology. This simple self-help tool of muscle-testing allows readers to find out what their own body knows and needs. They learn that the body "speaks" through either strong or weak muscle responses to questions asked or situations presented, and are instructed in how to do this simple self-testing for a variety of health issues. Stories of other seniors who have used this methodology to their benefit provide a platform for acceptance and motivation, and each chapter contains specific recommendations for its use. How to become a "wise elder" is another unique emphasis of this book. The author encourages us to learn from many different cultures and traditions a more life-positive view of aging. In fact, she coins the word "Youthing" to describe such a re-orienting of mind, purpose and activity toward optimum vibrancy and flexibility, leading to longevity. Stories of successful transitions into elderhood give hope to those who are confused or anxious about becoming older. Since the body's health is intimately related to that of mind and emotions, a Youthing approach will be characterized by equanimity, gratitude, forgiveness and dynamic relationship with others. Her many exercises and suggestions are designed to encourage readers to value themselves as worthwhile wisdom contributors. "You can assume the stance of a respected elder," she declares, "even if the surrounding culture does not immediately support that." In other words, readers are invited to "be the change" they want to effect. Far from being a scholarly or scientific text, *Your Aging Body Can Talk* is written for immediate use by maturing practitioners or laypersons. Throughout the book, the concerns of an aging population are consistently placed in the forefront: How to develop an anti-inflammation diet and lifestyle The factors that affect longevity How to build cognitive health and brain vibrancy How to find or refine your life's purpose, no matter what your age Why detoxification is so essential, at any age.

Book Information

Paperback: 256 pages

Publisher: Kalindi Press (May 1, 2017)

Language: English

ISBN-10: 193582645X

ISBN-13: 978-1935826453

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 10.7 ounces (View shipping rates and policies)

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Best Sellers Rank: #505,274 in Books (See Top 100 in Books) #43 in Books > Health, Fitness & Dieting > Aging > Exercise #109 in Books > Health, Fitness & Dieting > Aging > Longevity #819 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

"Presents a wealth of state-of-the-art information to help us thrive physically, emotionally and spiritually as we age. Dr. Levy provides perspectives and practices that support our potential for wholeness. Your Aging Body Can Talk is a highly credible and understandable guide to living, and aging holistically. I certainly intend to use it in support of my commitment to total wellbeing."-Ron Pevny, author of Conscious Living, Conscious Aging

"Dr. Levy provides a sound starting point--with basic advice on diet, supplementation, and lifestyle choices--and then teaches the reader how to use Clinical Kinesiology to hone in on their body's own particular needs to achieve optimum health. An invaluable aid for anyone seeking better health at any stage in life. I highly recommend reading and following this book."-Bruce Fife, N.D., author of The Coconut Oil Miracle, The Coconut Ketogenic Diet, Oil Pulling Therapy and many other health books.

"This book teaches us about nutrition in a simplified fashion, so we can all understand why we should "Eat What We Are Made of..." Dr. Levy guides us not only in how to listen to the body" talk," but how to deal with imbalances so that the body knows we've listened! If you want to do more than age gracefully, and age as healthily as you can, you must read this book."-Lynn Toohey, Ph.D.

Your Aging Body Can Talk is written for immediate use by health practitioners and maturing health-conscious consumers. Focused through the lens of Clinical Kinesiology, a method for self-testing what the body knows and needs, this book consistently places the concerns of an aging population in the forefront.

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