



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**—the originator 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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