



## Healthy to 100: Aging with Vigor and Grace

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By Alexa Fleckenstein, Roanne Weisman

Health Communications. Paperback / softback. Book Condition: new. BRAND NEW, Healthy to 100: Aging with Vigor and Grace, Alexa Fleckenstein, Roanne Weisman, You Can Be Healthy and Strong to 100! Each day more and more seniors are busting the myth that it's all downhill after sixty; in fact, these people are proving that you can be vitally healthy and mentally sharp into your nineties and beyond. While great health is something we all want to enjoy for ourselves and those we love, it's even more important these days as insurance companies increase premiums and doctors decrease the time they spend with each patient. Own Your Health gives you the knowledge you need with reliable medical treatments from top doctors in the fields of conventional and alternative medicine. With tips, checklists and stories from caregivers and patients, you'll discover the most effective ways to prevent and treat: Arthritis - Pain - Diabetes - Eye Problems - High Blood Pressure - Gout - Alzheimer's Disease - Osteoporosis - Parkinson's Disease - Stroke - Heart Disease - Respiratory Problems - Incontinence - Colds and Flu - and More. With Own Your Health, you have all of the vital information you need about your...



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