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Is declining health something we have to simply accept as part of getting older?



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Current scientific estimates say that we should be living to about 115 years of age.

Yet, if you ask most people if they want to live that long, the answer usually is "NO! Not if I can't have quality of life."

We are living longer than ever before.

This is called "Lifespan."

But along with these increases in life expectancy are increases in the occurrence of age-related diseases.

Understanding the biology of aging, and knowing the genes and proteins involved in these processes will help increase our "Healthspan" - the period of time that people can live in a healthy and productive state.

Our purpose is to provide information and education on the

THEORIES OF AGING

and on the changing trends in science and medicine with regard to the aging process.

Don't let age change you!
Change the way you age!

For more information or to schedule a presentation for your group:

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