



# The Body Knows... How to Stay Young: Healthy-Aging Secrets from a Medical Intuitive

*Caroline Sutherland*

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# The Body Knows... How to Stay Young: Healthy-Aging Secrets from a Medical Intuitive

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**The Body Knows... How to Stay Young: Healthy-Aging Secrets from a Medical Intuitive** Caroline Sutherland

Is it possible to actually slow down the aging process? Health educator and medical intuitive **Caroline Sutherland** says yes; and when you look at this vital, energetic woman who's in her mid-60s, you can tell she has a few secrets that are worth sharing.

This is a book that certainly comes along at the right time: With much of the population moving into retirement age, and billions of dollars being spent annually on vitamins and anti-aging therapies, men and women are eagerly seeking healthy approaches during their later years.

Men and women are often wary about what might befall them as the numbers tick away. Fortunately, Caroline has answers for the chronic degenerative breakdown that leads to mobility issues, decrease in hearing and vision, osteoporosis, and arthritis--not to mention memory loss. With her expert wisdom and sparkling sense of humor, Caroline covers the four components of a vibrant-aging program, showing in the process that the body has a phenomenal capacity to repair.

*This book is perfect for you if you want to live a long and vivacious life and fulfill your destiny!*

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