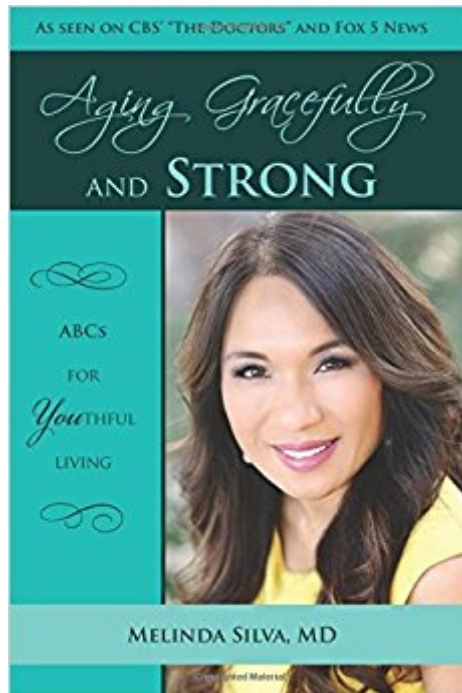


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# Aging Gracefully And Strong: ABCs Of YOUTHful Living



## Synopsis

Do you want to remain strong and energetic as you age? Do you need a trusted source for anti-aging information? Are you looking for solutions that are medically sound but not chemically invasive? Dr. Melinda Silva bridges the realms of traditional and integrative medicine. Her focus is on promoting wellness and quality of life, not merely treating symptoms and illness. She is on a quest to show women that we no longer need to be at the mercy of the aging process or to endure its uncomfortable side effects. *Aging Gracefully and Strong* can empower you with practical tools to live the vibrant life you want. The letters of the alphabet provide the setting for 26 easy-to-implement strategies for healthy living and smart aging—all backed by solid research, and seasoned with experience and anecdotes. Each chapter concludes with a manageable action step, and together these can help you make the years ahead ones that you'll look forward to.

## Book Information

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## Customer Reviews

From Sherry A: Dr. Melinda Silva has been my physician for nearly four years. She is the most compassionate doctor I've ever received care from and her comprehensive exam and treatment helped me regain my quality of life back. I will be forever grateful to her for 'saving' me and returning my zest for life! This book is thoughtfully written with the patient in mind. It carries a conversational tone, touching on the steps and potential treatment of obtaining optimal-health by balancing ones physical, mental, and emotional well-being. It's an easy read with nuggets of helpful and attainable steps to aging with grace.

As a pharmacist, I have read plenty of books on bioidentical hormones. So I was expecting the book to focus mainly on hormone optimization. However, I was pleasantly surprised to find a wealth of information that can help me counsel my own patients on matters other than the pills they take. It truly was food for my soul- the author inspires me to practice my profession in a way I always felt that I should be practicing. I am just glad someone has finally put it in writing with studies to support it.

Dr Silva is a true god, or should I say goddess, when it comes to slowing down the aging progress and looking your best. This book explains all about living better and healthier to look look best and live longer and happier. A must read.

What a great book on Dr Melinda's life experiences and knowledge!! This was a great, easy read and I've learned so much on the ABCs of healthy living and aging gracefully.. I recommend this book to every woman I know!! Phenomenal!!

An amazing doctor that has new ideas and the board certified credentials to back her practices! This book is a great introduction in turning around bad habits for keeping oneself healthy! And also a great read!

Dr. Melinda Silva's book is such a pleasure to read. It is written in a friendly, easy-to-read style that invites the reader to keep turning each page. This book is a must-read for every person over 40. It provides you with good, research-proven advice on how to live the best life possible. One of her main themes is that you cannot separate the mind from the body. If you have a doctor who just gives you a prescription for your health issue, you are missing out on a lot. There are so many other things you need to do to support overall wellness. And yes it means doing exercise, eating right, and reducing your stress! Her tips, advice based on a wealth of experience, and gentle reminders are organized into chapters that encompass overall themes of well-being such as "kindness." This chapter explains the benefits for you personally by practicing this trait, how it helps your family, community, and even your health! "I recently found a very interesting article that showed how practicing kindness can actually extend longevity," wrote Dr. Silva (page 92). Reading this book has been a pleasure for me. Each page offers the reader advice from a doctor who truly cares for each and every patient she treats. Her use of personal stories from actual patients allows the reader to see good medicine in action. If you have your own person health challenges, this book is an

excellent resource on your journey to wellness. Thank you Dr. Silva for sharing your knowledge and experience with the readers!

This a great book full of illuminating information. Dr. Silva touches on a variety of topics that are related to aging and how to effectively combat some of the common problems associated with them. Its a fun read but it's also full of very good information.

What a Phenomenal book! Dr. Silva shares her passionate for life and encourages us to strive and feel better. What an easy read,I enjoyed it very much.

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