



How to Slow Down and Even Reverse the Aging Process

MD William Campbell Douglass II

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Second Opinion Special Report: There's good news about aging. No, it can't be stopped, but it can be slowed. Better yet, as we grow older we can continue to live an active, disease-free life. The old view of aging as an inevitable deterioration is quickly being changed by medical advances thought to be impossible even a few years ago. Today, science knows that strength, agility, and sexuality can be maintained well into the 70s, and beyond. With proper diet and a modicum of wise personal care, your golden years can be just that--a time of enthusiasm, activity, and increased mental alacrity.

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