

All About Baby Boomers

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Walk into any department store and you'll find hundreds of beauty products lining the shelves. Each one of those products has something else, something unique to offer. Most promise to hide the signs of aging. Some make claims of being able to erase the years and to have you looking 10, 20 or more years younger. But, in truth, there is no way to avoid aging, is there? Consider some numbers for a moment. In the late 1800s and early 1900s, the average life expectancy in the United States was that of just 42 years of age! Today, that number has nearly doubled its size and that's no short feat to accomplish. The fact is that people are living longer because of the benefits of modern medicine and the benefits that technology offer. In fact, today, there are over 70,000 people in the United States alone that are at the age of 100 or more! That is an outstanding number. What if we told you that it really had nothing to do with those products on the market, but that it had to do with the things that you are capable of making changes with today, right now? But, before you get to those good tidbits, it's important for you to understand that you don't just want to look younger. You need to dig deeper into your lifestyle and feel younger. The Baby Boomers Brain Your brain is one of the most important things for you to take into consideration in any health regimen. For the Baby Boomer, it is even more vitally important to care for your brain. Today, the number of Alzheimer's patients is quickly on the rise. There are numerous situations in which people are forced to realize that the years are slipping by and they no longer can keep a grasp on time.

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