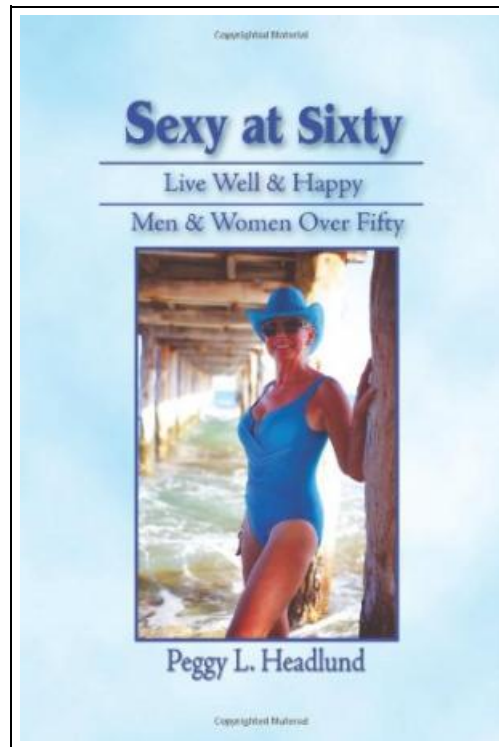


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Strategic Book Publishing Rights Agency, LLC, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We have all struggled with aging issues. Unlike many of us, author Peggy L. Headlund actually decided to do something about it. Her book Sexy at Sixty is the result. Headlund is an avid student of physical fitness and mobility, cellular metabolism, molecular genetics, cardiology, cell structure and function, human anatomy and physiology, women s and men s health issues, nutrition, nutritional healing and supplements, as well as naturopathy. She has researched a number of health problems caused by age, and the changes that we experience in our bodies. If she found that one solution didn t work, she continued to seek alternative answers. Headlund has attended classes at UCLA, read innumerable books, consulted doctors, and has followed online and doctor-supported research. Her journey to find the answers on how to enjoy continued good health through the aging process has been a long one. Her wealth of information has taken over 30 years to compile. And yes, she is Sexy at Sixty! About the Author: Peggy L. Headlund says, The many friends my age who are depressed about growing older motivated me to write this book. They need to be more proactive about obtaining and keeping their health. It should be the time of their life to enjoy. After seven leg injuries in two years, Headlund now says, My doctor tells me that I have the body of a 22 year old. That is only possible through exercise, proper nutrition, and nutritional supplements. She lives with her husband, Donald, in Calabasas, California, and is working on her next book. Publisher s website: //.



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