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Your Aging Body Can Talk: Using Muscle-Testing to Learn What Your Body Knows and Needs After 50 (Paperback)

By Susan Levy

Hohm Press,U.S., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Written by a chiropractor and alternative health practitioner with over 30 years of experience, this book addresses health and wellbeing of body, mind and spirit for an aging population (50+). Uniquely, this material is presented through the lens of Clinical Kinesiology. This simple self-help tool of muscle-testing allows readers to find out what their own body knows and needs. They learn that the body -speaks- through either strong or weak muscle responses to questions asked or situations presented, and are instructed in how to do this simple self-testing for a variety of health issues. Stories of other seniors who have used this methodology to their benefit provide a platform for acceptance and motivation, and each chapter contains specific recommendations for its use. How to become a -wise elder- is another unique emphasis of this book. The author encourages us to learn from many different cultures and traditions a more life-positive view of aging. In fact, she coins the word -Youthing- to describe such a re-orienting of mind, purpose and activity toward optimum vibrancy and flexibility, leading to longevity. Stories of successful transitions into elderhood give hope...



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