



Alternative Ageing

Suzi Grant

A baby boomer, apparently, is anyone born between 1946 and 1964 – anyone from fortyish to sixty. We're a lucky generation. We seem to have led the way since the Swinging Sixties. We invented sex, drugs and rock 'n' roll, for goodness' sake. Then we got sensible and launched ourselves into a frenzy of bringing up kids and rising to the top of our careers. We power-dressed our way through the eighties, and then found ourselves, in the words of Shirley Conran, too busy to stuff a mushroom!

Now we are discovering a different way of being middle-aged. We are finding out that entering our third age can be a wonderful time to discover a new age and a more spiritually aware, less material, downsized life. The children have grown up and flown the nest, some of us are single again, or

widowed, some of us have retired while others will work till they drop. But none of us is prepared to enter middle or old age like our mothers

did: there will be no blue rinses or sensible shoes for us. We want to stay healthy and feel and look younger than our biological age – naturally. And if we find the perfect work/life balance with a bit of spirituality and good health thrown in, and have a lot of fun, then we really can look forward to a long and happy life.



No one looks forward to growing old: our immune system doesn't work as well as it once did, our bones get weaker and our organs wear out. At the same time our percentage of body fat increases and everything starts heading south. However, with a change in attitude, lifestyle and especially nutrition, you can look forty at fifty, fifty at sixty and sixty at eighty without resorting to cosmetic surgery. You will still age but you'll age more slowly. Ageing is inevitable, but ageing badly and unhealthily isn't.

'Alternative Ageing – The natural way to hold back the years', will empower those who read it, to do what ever it is you want to do with the rest of your life.

Alternative Ageing will guide you through a crash course in living long and healthy. Suzi Grant has tried everything she recommends in the book. Follow the twelve key steps, so that you too can look and feel the very best you can – from the inside out and the outside in.

Extract reproduced by kind permission of Suzi Grant, author of Alternative Ageing. Suzi Grant worked as a broadcast journalist for over twenty years before training as a nutritional therapist. She is now a well-known health expert and nutritionist, and a member of the Guild of Health Writers and of the British Association of Nutritional Therapists.

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