

# THE ANTI-AGING PROGRAM

a baby boomer's guide to health and beauty

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**A**s we move cautiously into the 21st century, many of us who were born after World War II are taking a moment to ponder on our mortality. This cohort, labeled the "baby boomers" is entering "the golden years" with a certain amount of trepidation. We are concerned about what is ahead for us particularly relative to our appearance, health and mortality. Although we see our children or nieces/nephews growing up to be adults around us, somehow we don't really believe that we are getting old! Older, but not old is what we would like to believe! How depressing is this aging phenomena to the 78-million baby boomers who are expected to emerge within the next 30 years. To compound the psychological effects of aging, we hear of friends, rela-

tives and business associates, suffering and even dying from heart diseases, different forms of cancer, diabetes, osteoporosis, Alzheimer's, and arthritis. Almost everyone is taking some kind of supplement as a form of insurance against the diseases that occur with aging. People are desperately seeking alternative health treatments to ward off these health problems and at the same time, finding ways to increase their energy and looks. We buy exercise equipment, join gyms, and even try to eat organic foods in a positive attempt to look and feel good.

These changes that we see in our bodies are scientifically known as biomarkers. Biomarkers can be described as biological indicators of changes in the body and they can be either external or internal.



