

Health and Fitness

Baby Boomer Healthy Aging Survival Kit

(NAPSA)—“Living longer and living better, that’s what my baby boomer patients are looking for,” says Dr. Steven Lamm, New York City internist and author of “Younger at Last.”

While aging is a fact of life, there are many ways to stay active, healthy and energized. The problem is that there is often too much information available. Seventy-five percent of boomers say they are confused—what to take, what not to take—and every day a conflicting report only adds to their confusion.

The Baby Boomer Survival Kit™ is a comprehensive source of health categories and effective lifestyle products that address important wellness needs of boomers during the prime time of their lives.

Major concerns among baby boomers include aging, heart health, joint pain, loss of focus and memory, weight gain, menopause, urinary incontinence and cosmetic issues, such as spider and varicose veins.

The Kit highlights dietary supplements that address these pertinent health issues:

- Osteo Bi-Flex®—improves joint health and flexibility
- Nature’s Bounty® Odorless Fish Oil—heart-healthy omega-3 fatty acids (EPA/DHA) that improve cardiovascular health without the “fishy burps”
- Effisoy®—rich in soy isoflavones; balances hormones during menopause and provides relief of hot flashes and sleeplessness
- Recall Factor™—a formula



Baby boomers are turning to natural solutions to promote a longer, more active and healthier life.

with special nutrients and herbs for healthy brain cell function

- Invisible Veins™—a blend of bioflavonoid DiosVein™ and ImmuPure® Colostrum to naturally reduce unsightly veins and improve blood circulation in legs

- UroLogic™—a blend of herbs and minerals to support bladder tone; shown to be effective in 85 percent of women who use it

- Protandim®—promotes the body’s production of enzymes that counteract aging due to free radical cell damage

- Revival Soy®—great-tasting line of soy foods with added calcium and fiber that assists in healthy weight loss and weight management.

The Baby Boomer Survival Kit™ is a reliable destination for finding health products that are easy for boomers to incorporate into their hectic lifestyles (www.babyboomerkit.com).