

ROBYN'S PRO-AGING, LIVING LIFE WITH GRACE THOUGHTS FOR YOU:

1. Become a life long learner (join book club, classes, workshops, educational travel)...These activities activate new neuro-nets in the brain, which prevents Alzheimers... Stay active and involved in your community—environmentalism too!! Always be a well-informed client and patient!
2. Yes, have a primary care of a DR/NP/DOM. Annual checkups are a must! Especially Monthly breast exams.
3. Connect with others, animals, belly dance or dance and move in your own special way! Become empowered by taking a voice classes—sing your own song!
4. Have a sense of humor and positive outlook on life. Cultivate optimism. Forgive--yes yourself too! Surrender. Read Larry Dossey's most recent book: The Extraordinary Healing Power of Ordinary Things.
5. Dental care: Brush and floss daily—periodontal disease causes aging of the immune and arterial systems.
6. **“Think out of the box”**—How do you live juicy ??? From Rhea Goodman's show called “Living Juicy”. Or to use Gail Sheehy's words, “What makes you a seasoned woman?” My answer... to live passionately with an open heart, not to take life so seriously, to be in community, dance a lot, laugh and play more. How would you answer that question?
7. Breathe and meditate so your nervous systems are nurtured.
8. Eat a diverse and a high water content diet! The more energy we get from health promoting foods, the slower our body will age and the younger and more vibrant we will become.
9. **Remember that your thoughts, emotions and attitudes are key determinants of not only how you age, but the richness of everyday life!! Changing ones habits of thought requires conscious effort and practice---all kinds of help is available. EFT, Hypnotherapy, work with a Life coach.**
10. Your Will: Write an ethical will that has to do with nonmaterial gifts: the values and live lessons that you wish to leave to others!! Dr. Weil points out that in many cultures, elders, sages and saints have saved some of their pithiest teachings for students and disciples gathered at their deathbeds.
11. Extreme self-care in all ways including creating healthy boundaries.
12. Travel and explore near and faraway places! My greatest learning on the subject of life extension has come from indigenous people from around the world—Peru, Kenya, Malta, Cuba, Haiti and Native Americans.
13. Pray! Live in the moment. Live in ecstasy as much as possible!
14. Make these words/feelings a part of every day living!!!



**LOVE, GRACE, GRATITUDE, RADIANCE, INSPIRATION, INTUITION, HARMONY,
SENSUALITY, COMPASSION, EMPOWERMENT, PARTNERSHIP, WISDOM, CELEBRATION,
BALANCE, PASSION, FREEDOM, BEAUTY, FERTILITY.**