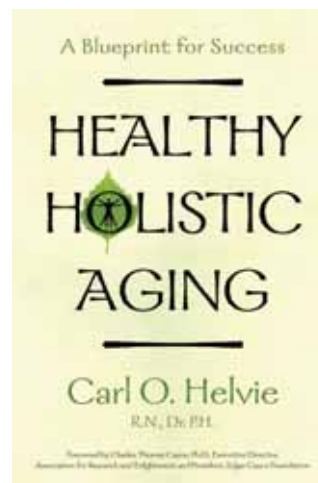


## NEW BOOK OFFERS GUIDE TO ENJOYING LIFE WITHOUT CHRONIC ILLNESSES AND PRESCRIBED MEDICATIONS

Eleven percent of the population age 65 and over take no prescribed medications and, thus, avoid the associated costs, inconveniences, and pain. They are also more physically active than others over age 65. They exercise, travel, and enjoy retirement to the fullest. Using a holistic approach, the author of *Healthy Holistic Aging: A Blueprint for Success* at age 74 is a member of this group on no medications and also has no chronic illnesses. He will share his secrets for successful aging that he has used in his own life and with thousands of clients during his 55-year career in nursing.

### The Author of *Healthy Holistic Aging* tells your Audience:

- How to remain independent and healthy throughout life.
- What 6 strategic areas are necessary for success?
- Selected interventions within strategic areas including:
  - ◆ The most effective way to lose weight or quit smoking.
  - ◆ Exercises that slow or reverse the aging process.
  - ◆ Affirmations that increase positive results in life.
  - ◆ How to be wrinkle free without surgery.
  - ◆ How to accept God's help to be healthy and independent.
  - ◆ Two relationship skills that improve health and relationships.
  - ◆ Six easy ways to make your home more healthful.
  - ◆ Three ways to influence political leaders and improve your health.
- How to choose interventions for daily practice.
- What are the two most important actions to be successful?
- How to increase your success rate.
- How to survive and be healthy 30 years after a medical diagnosis of lung cancer and a 6-month prognosis.



Carl O. Helvie is a recognized health practitioner and widely published author who developed multiple strategies for healthy holistic aging in his clinical work and as a nursing educator using concepts of public health, prevention, holism, nursing, and traditional and alternative health. He has published 6 books and over 55 articles and presented 55 research papers nationally and internationally. He is Professor Emeritus of Nursing at Old Dominion University. In 1999 he received the **Distinguished Career in Public Health Award** from the American Public Health Association.

*Healthy Holistic Aging: A Blueprint for Success* is available for \$16 at [www.HealthyHolisticAging.com](http://www.HealthyHolisticAging.com)