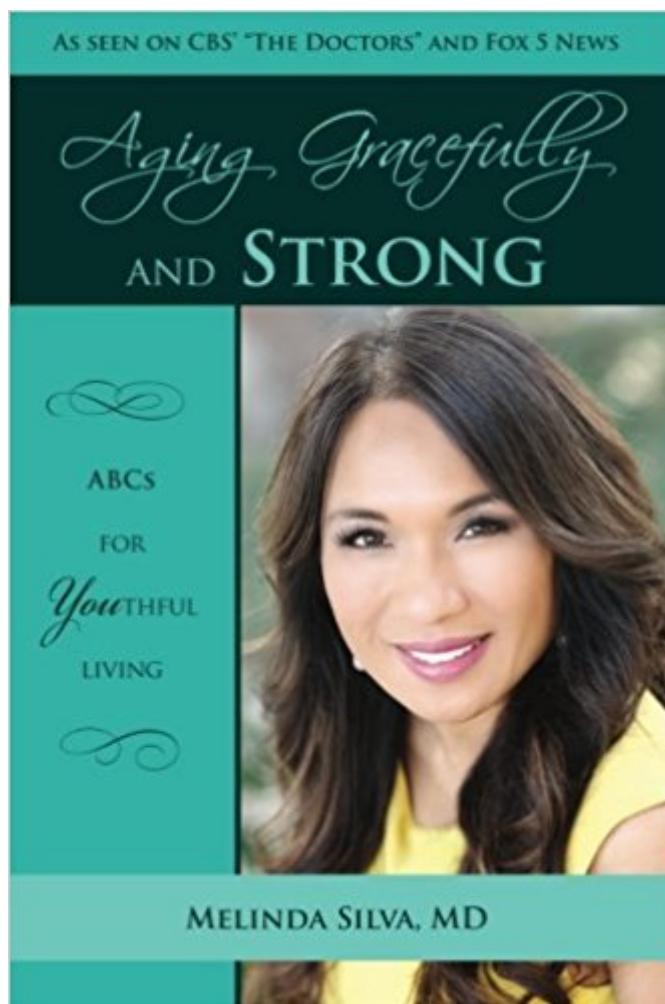


The book was found

# Aging Gracefully And Strong: ABCs Of YOUTHful Living



## Synopsis

Do you want to remain strong and energetic as you age? Do you need a trusted source for anti-aging information? Are you looking for solutions that are medically sound but not chemically invasive? Dr. Melinda Silva bridges the realms of traditional and integrative medicine. Her focus is on promoting wellness and quality of life, not merely treating symptoms and illness. She is on a quest to show women that we no longer need to be at the mercy of the aging process or to endure its uncomfortable side effects. Aging Gracefully and Strong can empower you with practical tools to live the vibrant life you want. The letters of the alphabet provide the setting for 26 easy-to-implement strategies for healthy living and smart aging— all backed by solid research, and seasoned with experience and anecdotes. Each chapter concludes with a manageable action step, and together these can help you make the years ahead ones that you’ll look forward to.

## Book Information

Paperback: 236 pages

Publisher: MD Anti Aging Clinic (September 4, 2014)

Language: English

ISBN-10: 0990653404

ISBN-13: 978-0990653400

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 14.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 16 customer reviews

Best Sellers Rank: #1,685,301 in Books (See Top 100 in Books) #97 in Books > Health, Fitness & Dieting > Women's Health > Menopause #166 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #114939 in Books > Self-Help

## Customer Reviews

Melinda Silva's book gives you multiple strategies the everyday woman can use to remain youthful and age with grace and ease. In this book you get a glimpse into Melinda's heart as well as her vast medical expertise. The information she shares is easy to understand and digest. Her strategies are practical and useful for everyone, including the busy working mom. --Ron Rothenberg, MD, California HealthSpan Institute, A4M Speaker Dr. Melinda Silva's book is a blend of the sound medical advice of Christiane Northrup, MD, and the insightful compassion of Elizabeth Gilbert. Vital medical information is combined with personal stories that are captivating and meaningful. This book is for any woman interested in improving the quality of her health as she ages. --Rachel

Goldenhar, Ph.D., Clinical Psychologist, Parenting Expert, Fox 5 In Aging Gracefully and Strong, Melinda Silva, MD, combines her passion for helping people with her medical experience and knowledge. The result is a book that provides a resource of information, and simple steps to take to improve longevity and overall well-being. The book is written in a conversational style, and while there is a lot of science and research to back up many of the points, it is an interesting read. --Maria Vazquez Campos, MD, American Academy of Anti-Aging Medicine Fellow, Family Medicine Specialist Who wouldn't want to age with grace and strength? Dr. Silva has provided us with a wonderful handbook of practical advice and wisdom that can be a guide for anyone who hopes to grow older. --Stephen Brunton, MD, FAAFP., Adjunct Clinical Professor, Department of Family Medicine, University of North Carolina, Chapel Hill I feel younger and stronger just by looking at Dr. Melinda. She has helped me in a multitude of ways, both personally and professionally, and I know this book will help a multitude of women to feel better about themselves and gain the results they want. --Mary Burt-Godwin, Blogger at The Mama Mary Show and author of Dead Dads Club.

Melinda Silva, MD, is a Board-Certified physician. After 16 years as a Family Doctor and after treating her own perimenopausal symptoms with alternative therapies, Dr. Silva opened her own Anti-Aging practice. She specializes in bioidentical hormone therapies, weight loss, and cosmetic medicine. Her professional goal is to improve the quality of life of others by focusing on the root cause of disease instead of just treating symptoms. She has helped to train other doctors in her field, lectured at a national level, has been featured on CBSâ€œ "The Doctors," and serves as a medical contributor for Fox 5 News.

From Sherry A: Dr. Melinda Silva has been my physician for nearly four years. She is the most compassionate doctor I've ever received care from and her comprehensive exam and treatment helped me regain my quality of life back. I will be forever grateful to her for 'saving' me and returning my zest for life! This book is thoughtfully written with the patient in mind. It carries a conversational tone, touching on the steps and potential treatment of obtaining optimal-health by balancing ones physical, mental, and emotional well-being. It's an easy read with nuggets of helpful and attainable steps to aging with grace.

Dr. Melinda Silva's book is such a pleasure to read. It is written in a friendly, easy-to-read style that invites the reader to keep turning each page. This book is a must-read for every person over 40. It provides you with good, research-proven advice on how to live the best life possible. One of her

main themes is that you cannot separate the mind from the body. If you have a doctor who just gives you a prescription for your health issue, you are missing out on a lot. There are so many other things you need to do to support overall wellness. And yes it means doing exercise, eating right, and reducing your stress! Her tips, advice based on a wealth of experience, and gentle reminders are organized into chapters that encompass overall themes of well-being such as "kindness." This chapter explains the benefits for you personally by practicing this trait, how it helps your family, community, and even your health! "I recently found a very interesting article that showed how practicing kindness can actually extend longevity," wrote Dr. Silva (page 92). Reading this book has been a pleasure for me. Each page offers the reader advice from a doctor who truly cares for each and every patient she treats. Her use of personal stories from actual patients allows the reader to see good medicine in action. If you have your own person health challenges, this book is an excellent resource on your journey to wellness. Thank you Dr. Silva for sharing your knowledge and experience with the readers!

An amazing doctor that has new ideas and the board certified credentials to back her practices! This book is a great introduction in turning around bad habits for keeping oneself healthy! And also a great read!

This a great book full of illuminating information. Dr. Silva touches on a variety of topics that are related to aging and how to effectively combat some of the common problems associated with them. Its a fun read but it's also full of very good information.

This book is the best, a must have. I have read it twice and plan to again.Melinda Silva is as real as it gets.

Great read.

This is an awesome! Graceful living, Young and Strong!

Not finished yet but so far so good..fast service as well.

[Download to continue reading...](#)

Aging Gracefully and Strong: ABCs of YOUTHful Living Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel

Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Russia ABCs: A Book About the People and Places of Russia (Country ABCs) Guatemala ABCs: A Book About the People and Places of Guatemala (Country ABCs) Mexico ABCs: A Book About the People and Places of Mexico (Country ABCs) India ABCs: A Book About the People and Places of India (Country ABCs) New Zealand ABCs: A Book About the People and Places of New Zealand (Country ABCs) Australia ABCs: A Book About the People and Places of Australia (Country ABCs) Israel ABCs: A Book About the People and Places of Israel (Country ABCs) The Mind-Beauty Connection: 9 Days to Reverse Aging and Reveal More Youthful Skin Anti Aging Secret of the Animals - Learn the Simple Somatic Movements That Can Cure Back Pain, Restore Your Flexibility and Rejuvenate Your Body to Its Natural, Youthful State Today! B-52: Aging BUFFs, Youthful Crews (Osprey Colour Series) Coconut Oil & YOU: 10+ Recipes For A Beautiful, Healthier, Leaner, More Energized YOU! Weight Loss, Youthful Skin, Beautiful Hair, Anti-Aging, Increase ... Psoriasis, Increase Energy & Brain Power) A Beginner's Guide To Juicing - 50 Recipes To Detox, Lose Weight, Feel Young and Age Gracefully (The Juicing Solution Book 1) A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1) All I Know Now: Wonderings and Reflections on Growing Up Gracefully The Gift of Years: Growing Older Gracefully Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)