

Adding Years To Our Lives and Life To Our Years

One of the most popular areas of medicine today is anti-aging medicine, or as it is often referred to, functional medicine. Anti-aging/functional medicine attempts to keep individuals healthy and functioning regardless of their age. Most of us want to live as long as we possibly can. However, do we want to add years to our life, or life to our years? Life is an accumulation of thousands of events and decisions. The small decisions that we make every hour of every day can impact the quality of our life for years to come. As Americans, we plan for so many occurrences in life. But few of us plan for our inevitable aging.

The overall goal of any anti-aging supplement is the prevention of disease and the maintenance of overall health. Preventing a medical condition is far easier than treating one. Anti-aging/functional medicine attempts to prevent underlying causes of aging, and thereby, alleviate or reduce age-related problems.

Omega-3 essential fatty acids, such as Hazle Health's brand of High Potency Omega 3 is a must for anti-aging. These fatty acids act as anti-inflammatory agents in our body, thereby protecting our joints, brain, skin, respiratory tract, and intestinal tract, and help to develop proper cell wall structure.

The nutrient combination found in Hazle Health's Hair, Skin and Nails is another powerful tool that provides the daily nutrients to encourage a beautiful outside by first nutritionally protecting our insides from the ravages of time.

Additional supplements that are used in Anti-Aging include Hazle health's Acetyl-C-Carnitine, Anti-Oxidant Essentials with Vitamins C & E, DHEA sublingual spray and Grape Seed Extract to name a few.

Contact Hazle Health's supplement team at Hazle Drugs, 1 E. Broad St., Hazleton, Pa. 18201 to customize an Anti-Aging program to help reduce age related problems.

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