

You're NOT Getting Old You're Accumulating STRESS!!!



Twinges in your hinges. Sluggish Metabolism. Low energy.

Par for the course for collecting decades, right? **Nope!**

The truth is, many of the so-called negative effects of aging, are actually caused by the accumulation of stress.

Things like our repetitive habits--how we move, the exercises we engage in and how much we sit, HELLO, CHAIR BAGGAGE; physical and emotional traumas; the constant barrage of information (Thank you, Internet!); and how we process things chemically can all accumulate.

Overwhelmed?? That's exactly how your body feels!



It can never quite catch up, so it starts to slow things like regeneration, removal of toxins, metabolism, etc. Basically, our bodies want us to get tired faster, so we stop making it work so dang hard.

This can lead to achy joints, nagging injuries, poor digestion, constipation, lackluster hair and skin and just not feeling energetic and excited like when you were a kid.

So, what can we do about it?!

Actually, a lot!

Recent studies have found self-care techniques like the MELT Method to be profoundly effective for decreasing stress, pain, and your risk of injury, to improving the efficiency of every system of your body, enhancing the elimination of toxins and stagnant fluids (these have a corrosive effect on your joints) and improving your body's regenerative capabilities.

And all of that can go a long way toward helping you feel 10 years younger!

To learn more about the MELT Method or to find a class visit
www.backtolifebodyworks.com