

Anti-Aging Overview appearance:



**Dr. Doug's Stay Younger
Anti-Aging Health Guide**

The foundation for a long, healthy life starts here.

Nutrition, supplements, and healthy lifestyle guidelines to help you feel better today and for the rest of your life!

First Name

Last Name

Email

[Sign Up & Start Today!](#)

Four critical factors in health and longevity.



Nutrition

It's time to get real about the actual costs of the nutritional deficiencies caused by our modern American diets and lifestyles. Recent studies have shown that our soils are depleted and that the food we're eating is nutrient poor and more toxic than ever. These nutrient deficits are driving the crippling costs of obesity-related diseases such as cardiovascular disease and type II diabetes into the hundreds of billions of dollars.



Supplementation

In order to age gracefully, each of us needs to invest in a long-term strategy of nutritional sufficiency. I've helped more than two thousand people in my clinic transform their lives by providing the targeted nutrients that our bodies need for healing. Our common-sense approach begins with the best multi vitamin on the market, Primal Multi, to help remedy the nutrient deficiencies from our diets. Next we turn to Aninatto-E 300 as the single most important supplement to support the integrity and function of each of our 38 trillion cells. And, finally, we use SIM Supreme for its unbeatable anti-inflammatory power to help our bodies resolve inflammation and return to a healthy, balanced state.



Exercise

After addressing the nutrient deficiencies in our diets, the next step in our anti-aging strategy revolves around lifestyle management. Scientists are unanimous on the benefits of exercise and staying physically active if we hope to give our bodies the best chance of warding off dementia and Alzheimer's. Further, we know that building and maintaining muscle mass is critically important as we age in order support overall health and vitality. While we don't need to spend every free moment in the gym, incorporating small and steady habits of exercise into our lives can help make our later years truly golden ones.



Reducing Stress

The chronic stress that accompanies our modern American lifestyles is wreaking havoc on our lives. If we don't make an effort to transition out of our sympathetic nervous system (our "fight or flight" mode) and activate our parasympathetic nervous system (the "rest and digest" mode), we become burnt out and the quality of our lives falls apart. Fortunately, simple steps go a long way here. For instance, try slow, rhythmic breathing from your diaphragm, or belly breathing, to get immediate stress reduction benefits. So too, humming activates the vagus nerve and stimulates the parasympathetic system. Another easy stress reduction technique is to wash your hands and face with cold water. And of course, spending time in meditation can go a long way help reduce stress levels.

Now you can have everything you need to support your long-term health!

The Well World® Mobile App & Dr. Doug's 90-Day Stay Younger Guide make it easier to achieve!



Well World App Access

FREE Easy-to-Use Mobile App
Track your nutrition, exercise,
mood, meditation and more!



Dr. Doug's Anti-Aging Supplements

Dr. Doug's recommendations for
anti-aging and good health.
(your secret weapon!)
Shipped Directly to You!



Everything you Need!

FREE 90-Day Stay Younger Guide
Delicious Recipes Ideas
Automated Reminders
Integrate your health tracker!

3 Keys to Healthy Aging



Balance Nutrition

Modern diets and processed food are failing to provide sufficient nutrition for our bodies - including vitamins, minerals and other raw materials critical to the proper function of digestion, metabolism, energy production, and healthy growth and repair.

By balancing a healthy diet with a high-quality multivitamin designed to provide all the building blocks your body needs, you can improve your overall nutrition, vary the foundation of healthy aging.



Reduce Oxidation

Long-term oxidative stress damages the body's cells, proteins, and DNA. This can contribute to aging and may play an important role in the development of a range of conditions, including chronic inflammation, and may contribute to several neurodegenerative conditions, such as Alzheimer's disease and Parkinson's disease.

Making sure you have the right balance of anti-oxidants through nutrition and supplementation can help reduce oxidative stress.



Prevent Inflammation

Inflammation doesn't just affect your joints and muscles, but all of your bodies systems and functions.

Chronic inflammation due to oxidative stress may lead to several preventable conditions, including diabetes, cardiovascular disease, and arthritis.

Once again, supporting the bodies ability to reduce inflammation through proper diet, targeted supplementation and exercise can help you feel better now and as you age.

It's never been easier to stay healthy longer!

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ABOUT
Dr. Doug Howell, D.C.

Doug Howell is here to serve you. He combines extensive knowledge in the field of chiropractic medicine with a passion for helping people feel better. It is his goal to create a friendly and professional atmosphere that you can rely on for all of your chiropractic and wellness needs.

For Chiropractic care, please contact our practice today to schedule your appointment!



SIGN-UP NOW AND START TODAY!

Get everything you need to start your 90-Day Stay Younger Plan today!

Get the Well World App and use it to order your Anti-aging Supplements and download your 90 DAY Stay Younger Guide to help you remember what to do and track all your progress.

First Name

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How to use Zapier: <https://vimeo.com/428855793/716c89eda2>

Branded Logos:

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BREAKDOWN SECTION BY SECTION



Dr. _____'s Stay Younger Anti-Aging Health Guide

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**Nutrition, supplements, and healthy lifestyle guidelines to help you feel better today
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[FORM]

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Four critical factors in health and longevity.



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Keys to Healthy Aging

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YOUR NAME

Your bio

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