

The Anti-Aging Movement

By: Dr. Kim Lazarus, local chiropractor and co-owner of Los Alamos Fitness Center

I never realized when I heard the phrase “baby boomer” that someday it could come to mean, “fear of aging.” I had to ask myself, what is it I am afraid of? Is it joint pain, getting fat, not being able to hold my bladder, looking older, or not feeling good? I narrowed my list down to feeling and looking good.

When I turned forty years old, I noticed some small lines forming on my face along with my skin getting looser by my chin. The skin was starting to sag.

I also started to get unexplained joint pain and I was waking up in the middle of the night and was not able to get back to sleep.

My hair started to fall out more frequently; I began getting hot flashes and was beginning to get grumpy. The worse curse of all was the unexplained weight gain.

Basically, I hated the way I started to feel and look. What was I going to do?

I decided to embark on a tour of seeing what was available on the market to halt or reverse the aging process.

Well, let me tell you there are so many options in today’s world that can address the baby boomers concerns.

The baby boomers are moving the anti-aging revolution with power workouts, skin care products, vitamin supplements, yoga, pilates, botox parties, plastic surgery, extreme makeovers, massage and other spa treatments, and various weight loss programs. Some techniques are better than others.

It’s a new era, people are multi-tasking to get everything accomplished to be high achievers, and they are striving to feel good and look good while doing it.

I am one of those people. Who would have guessed the flower children of the 1950’s, 60’s, and 70’s would turn into highly motivated entrepreneurs afraid to get old. Maybe we have some strange illusion that someday we’ll return back to the peace and love era we grew up in if we strive hard in middle age. Who knows?

I must admit I am experiencing some serious change with my health and fitness level. Five years ago, I began my focused journey to recreate my youth, by taking the following steps:

1. I started yoga and began learning more about meditation
2. I went to a counselor to clean up childhood dilemmas and confusion

3. I got a massage one time per week and learned about the healing properties of essential oils
4. I started working out in a gym with weights and am now training for a bodybuilding event
5. I began using a phenomenal skin care product line along with natural hormone balancing lotions
6. I began changing my eating habits

All of these things have changed the way I look and feel from the inside out.

Who would have thought, as I approach 45, I could compete in a grandmasters category in an all-natural bodybuilding competition. All of this change between the ages of 40 and 45 has definitely been a change for the better.

My scare tactic was losing my father to cancer at age 48 and my grandmother to cancer at age 45. These years were just around the corner for me and I did not want to die in my 40's.

Last fall I contracted a serious virus that turned into meningitis and ended up in the hospital. I was bed ridden for quite some time.

You would never know today by meeting me that I have overcome the mentioned health challenges I have had along with multiple sports injuries leading to surgery.

I am blessed for alternative choices in the health and wellness industry. I honestly can say that I'm living proof that positive change can be made.

My new life mission is to be the best I can be and I sure love the journey. It is fun and rewarding.

I encourage all of you to hop on board with me to be a better you. Looking and feeling better is a great gift to share with others and is available to you. Call me if you want to get started on your personal path to better health or come to a free seminar this Saturday, May 8th at 2:30pm at the Los Alamos Fitness Center.

Take a chance, feel good about yourself, you deserve it!