



Retro-Age: The Four-step Program to Reverse the Aging Process

Hattie Batson

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At age 60, Hattie is often mistaken for a woman ten, fifteen or even twenty years younger. You might think she's just one of the lucky few who age gracefully. But she'll be the first one to tell you that luck has nothing to do with it. She has discovered her very own fountain of youth in the form of good nutrition, exercise, skin care, and attitude - and she'll show you how to find it too. Her proven, four-step program is all you need to look and feel your best throughout the years: RetroAge Eating...combines different nutritious foods for efficient digestion; Exercises and Innercizes...effective movements for a complete mind and body workout; Skin Care...special hints for reducing wrinkles and rejuvenating the skin; and Hattietudes...Hattie's own age-altering principles to motivate and encourage. Everyone can use RetroAge to improve skin and muscle tone, posture, flexibility, and strength and gain a more positive attitude about growing older.

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