

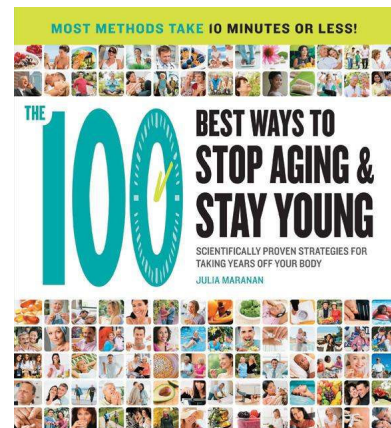
**FOR IMMEDIATE RELEASE**

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**AWARD-WINNING HEALTH WRITER SHARES  
TOP TIPS FOR KEEPING FIT AND  
TAKING YEARS OFF YOUR BODY**

**THE 100 BEST WAYS TO STOP AGING & STAY YOUNG**  
*Scientifically Proven Strategies for Taking Years Off Your Body*  
by Julia Maranan

There is plenty of hype and hoax when it comes to anti-aging and longevity remedies. But now there is a book that really can teach you to look younger, feel more energetic, and prevent illness in just minutes each day! **THE 100 BEST WAYS TO STOP AGING & STAY YOUNG** (Fair Winds Press, January 2011, \$19.99, paperback with color photos) gives simple, scientifically based solutions for beating all aspects of aging from wrinkles to weight gain to strategies for preventing age-related illnesses like osteoporosis and cognitive decline. Follow the action-oriented nutritional, exercise, and lifestyle tips to start turning back the clock today.



Not only are these techniques safe and effective, but they are also practical and easy to incorporate into any lifestyle. Even using one or two strategies will help readers look and feel younger in just days or weeks. Useful tips in the book include:

- Use a moisturizer with hyaluronic acid to boost cell production and create skin-firming collagen;
- Cut out processed foods to keep bones and joints strong;
- Learn a new skill to increase brain plasticity and keep cognitive function sharp;
- Supplement your diet with vitamin B7 to halt hair loss;
- Eat more fat to look younger and weigh less; and
- Socialize with friends to improve memory and prevent Alzheimer's.

Readers can work their way from strategy #1 to #100, focus on a key area like brain health or erasing wrinkles, or simply try out a handful of tips from time to time. No matter

their approach, the book will help them prevent and reverse aging and live their best life every day. **THE 100 BEST WAYS TO STOP AGING & STAY YOUNG** will show readers how to start turning back the clock today.

### About the Author

**Julia Maranan** is an award-winning health writer. Formerly an editor for *Natural Health* magazine, Julia has written hundreds of articles for publications such as *body + soul*, *Shape*, *Fit Pregnancy*, *Family Circle*, and Dr. Andrew Weil's *Self Healing* newsletter.

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For more information, and to request a review copy of the book or an interview, please contact Dalyn A. Miller at 617-504-6869 or via email at [Dalyn@DalynMillerPR.com](mailto:Dalyn@DalynMillerPR.com)

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