



Your Inner Pharmacy: Taking Back Our Wellness

Robert Blaich

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In the United States, almost one-third of the population lives with a chronic disease such as osteoarthritis, asthma, GERD and heartburn, heart disease, high blood pressure, diabetes, or anxiety/ depression and mood disorders. Most chronic conditions are self-induced and are a product of our lifestyles and the result of an imbalance of chemicals that our own bodies produce. The good news is that Your Inner Pharmacy offers realistic options that can give you five, ten, even twenty more years of quality time that can delay, postpone, and often minimize the onset of chronic disease. By devoting 10 percent of your leisure time to "healthy aging" activities (roughly five hours a week), you can affect the progression of these preventable chronic diseases.

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