



# AGING GRACEFULLY

ANTI-AGING DOES NOT EXIST, BUT SLOW-AGING DOES



## Aging is not a disease

Society is treating age like a disease. That is a most ingenious marketing stunt that has birthed an entire industry that has recognized the potential of monetizing the natural human evolution of life.

This greedy industry has stigmatized 'aging' negatively, and has labeled age as a state requiring correction and treatment, and has time stamped human values of beauty, professional ability, and societal acceptability. 'Anti-aging' means 'against' aging. By the natural cycle of life 'anti-aging' does not exist. No one can not age; but one can 'slow-age'.

## What is Slow-ager?

The 'Slow-ager' treatment program is designed to treat, provide coaching and support. It teaches easy to follow life-style tweaks on how to lead a healthier, happier life, while living life to the fullest, and aging slower.

It is a holistic concept aimed at slowing the visual and perceived aging process without invasive treatments, or compromising or manipulating your living habits.

Natural and health oriented adjustments, complemented by homeopathic, herbal and natural treatment will support and assist you at feeling, looking and living healthier, happier and 'slower'.

# The Slowager Program

My aunt used to say "if you do not wish to age, you must die young". There are no other options. We age from birth, in fact, from conception. Growing is aging!

However, while we cannot halt or reverse the processes of aging. We know today that we can influence the factors that make us age faster, and can 'slow' the rate at which we age.

By reducing the exposure to factors that promote rapid or early aging, by keeping a balanced and healthy life-style and by counteracting against the timely processes that promote aging, we can impact the way we age and can slow the decay that aging represents.

There are numerous factors that impact how we age, and at what rate. Wrong diet/nutrition, bad habits, environmental toxins, hormones, stress and attitude all have significant impact on our natural aging evolution. At Slowager we will explore what factors are prevalent for you, how these can be reduced and how already existent signs can be minimized. We identify what life-style tweaks can be applied to support and enhance a balanced, healthy and happy aging. We slow-age your body and mind, support emotional balance and assist at slowing, reducing and recovering of 'age related' complaints.

**SLOW-AGER - because  
Anti-aging does not exist!**



My name is Uta Mittelstadt. I have a BSc and an MSc in homeopathic medicine. I am a 'Slowager', and I am convinced it works ever since my mother was repeatedly mistaken for my sister. My explorations into the topic of slowing the natural aging processes have led me to share my findings and the secrets of my mothers 'slow-aging' with my customers on the 'SLOWAGER' program.

**Find out more about  
the Slowager program  
at**

**<https://slowager.org>**

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