

How Is This 61-Year-old Woman In The Best Shape Of Her Life?

Why the Cenegenics Program? I'm energized, fit, healthy and yes even sensual at age 61?! I feel I am an example of what the "new" senior woman can and should be. I'm energized, I don't just walk I stride, I stand tall, my perspective is one of gratitude, my brain is sharp, I exercise regularly, eat well and feel like a real woman. The Cenegenics protocol of bio-identical hormone therapy, eating appropriately and exercising regularly allows me to be the healthy vibrant woman I wish to be. I wake up thinking, "What might I do today?" Instead of, "How am I going to get through the day?" At age 61, the freedom of being in control of my weight instead of my weight controlling me is a gift. I know that I'm thriving instead of merely surviving and that is empowering. The conscientious proactive steps to my own wellness, is a foundation I can depend upon. Life should be something that we participate in, not something that happens to us – I can thank the Cenegenics program for helping me to live life fully.

Respectfully, Sue Lee (Denver, CO)

Women want first and foremost to have energy. They're worn out. They want to feel young again, look young again and be young again. They want to be free of the fear of cancers, heart problems and diabetes. They want their weight to come off and stay off.

Yes, it takes hard work and it's worth it. Yes, it's easier for men, but there are just as many women, if not more, in the higher age ranges than men. Women deserve the information.

I believe the pictures I've sent, speak of a woman who is proactive, healthy, energized, relatively free of wrinkles, fit, attractive, vibrant and confident. What more can I say – wouldn't a majority of women want that, too?



Lynne G. Testimonial

Walking into Dr. Barber's office a year and a half ago, I was a pale shadow of who I am today. I was exhausted, depressed, overweight and weak. I was so tired that I spent days in bed with little energy – only able to get a few necessary chores done each day. Needless to say I was unhappy and pretty much unproductive. Not a good way to be living at only 56 years old.

Today, I can say I'm a happy, vital person enjoying a fruitful, active life. I work out at Gold's Gym with a trainer three days a week. I am amazed at my new-found strength and love my toned, shapely body. My skin looks gorgeous, and I sleep well each night. I now have the energy to work many hours a week in dog rescue with plenty of zest left over for fun. The best part has been my sex life – I feel like I'm 17 again! Overall, I look and feel great; better than I have for many years.

Carefully following the program prescribed by Dr. Barber, I changed my eating habits, slowly ramped up my exercise over time and religiously took the recommended vitamins and supplements. With monthly blood work and calls with Dr. Barber, we gradually figured out what worked best for my body. The changes didn't happen overnight, and Dr. Barber was patient, responsive and supportive until we got it right.

The program is well-run and the staff is friendly, talented and great to deal with. Emails and issues are handled expeditiously, with a smile.

It might be too much to say that Cenegenics and Dr. Barber saved my life, but it feels that way. I now look forward to fully-enjoying what life holds for me.

--Lynne G.