

NEWSLETTER January 2021

From all of us at **SomaLife**
Happy New Year!



Growing Old



Dr. Philip A. White

“All would live long, but none would be old”, so wrote Benjamin Franklin over 200 years ago. It was he, also, who wrote, “In this world nothing is certain but death and taxes”. Now we all know why there are taxes. Sort of. As for death and its precursor, aging, we as a species have never really looked into it. For thousands of years human beings have accepted as inevitable the decline of our latter years, and our ultimate demise. It’s the way things were. Our fate, and still the question is there . . . why do we age?

It is a question fundamental to our existence and yet it is only recently that we have come to ask it at all. The question is fundamental because aging brings us all to a painful, an unwelcome decay. And then our extinction — the end of our earthly existence. And yet for centuries we gave the process of aging little thought at all. To be sure, religions through the ages have considered aging and death, but in general these considerations were from a metaphysical rather than a physical point of view.

The physical point of view was aging was regarded as inevitable, as inexorable as death itself. It was the natural culmination of life and we could do nothing

to stop it. With the burgeoning of the Biological Sciences, particularly in the last 40 or 50 years, the process of aging has finally come under close scrutiny. With this scrutiny have come numerous theories of aging; some broaden scope, some less so, some relevant to current research, some less so.

Life is a grind; bone on cartilage, bone on Bursa, bone on bone. The **biogrind**. We begin life with fluid motion, supple joints. Near the end, all too often, the cartilage becomes worn, the Bursa become compressed, and it is virtually bone on bone.

This way of looking at aging is encompassed by the wear and tear theory of aging put forth by Doctor August Weismann in 1982. The theory not only applies to bones and joints, but to the entire body. According to this theory, daily use, and most particularly abuse and overuse, wears the body out. We add to the wear and tear each time we jump, bend, reach, move; each time we breathe a molecule of pollution into the lungs; each time we ingest a helping of carcinogens as part of the processed food we eat. These and all other bodily processes take their toll. In essence as postulated by the wear and tear theory, life is grinding us down. The **biogrind**. In general, this wear and tear — the **biogrind** — can be countered to some extent with common sense principles of good health, wholesome food, sufficient sleep, proper (not extreme) exercise. In addition, nutritional supplements can also be effective in staving off the wear and tear conferred on us by the years and the **biogrind**.

There are many theories on why we age; one is bio sludge; the waste accumulation theory, another is the free radical theory. There are also calorie restriction theories, mitochondrial theory and many more.

Without examining all of these theories that have been put forth over the years we can see that until recently no single theory has held sway throughout. Some have described the effects of aging or have set forth intermediate causes or partial causes rather than a major elementary cause. Some may have

spoken accurately to parts of the puzzle but not all of it. Some, like the wear and tear theory, are very broad in their hypothesis and consequently suggests little by way of future therapy or research direction. The telomere theory may be changing that for it is very specific and offers a very pointed direction as to future therapy and future research. We have seen many important discoveries made in the past two decades, but many still lie ahead. It belongs to the future to sort it all out. For the present, we the baby boomers, have anti-aging therapies available to us, many of which were completely unknown 10 or 15 years ago. For the first time ever, we have the means at hand to virtually halt some aspects of aging in its tracks. For the first time ever, scientists — not charlatans or wool gatherers, but realistic scientists — are talking about defeating the aging process totally — are talking about human beings living forever and talking about — immortality!

If much of this information is somber and gloomy, aging and death are rarely light topics. Almost all that is before us now is about good news. Much of this good news involves the hormonal replacement therapies and the most striking and exciting of these involves the human growth hormone. This is why **Youth Formula** was created!

Excerpt from Dr. White’s *Road to Longevity*.



Marlies White
CEO and CoFounder
Amazon #1 Best
Selling Author

Health is the New Wealth
Wellness is the Goal!

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What our clients have to say ...



"I have been taking SomaLife **Youth Formula** since 1998. Love it! Look 10 years younger! My late husband also took it (he passed away from cancer in 2009). His friends and co-workers always commented how he looked 10 years younger too. Don't expect too see fast results. It takes time and money to invest in yourself. It is a life choice of good health in a bottle. I rate this product 5 stars!"

Jacqueline Delichte

"That is a wonderful review Jacqueline and I feel the same as you. My husband did a wonderful thing when he formulated **Youth Formula** and I have been hands on in running the company for the past 22 years. I am in my 70's now and **Youth Formula** gives me the energy I need to carry on Dr. Philip White's legacy. Like you, I look much younger than I am and I wouldn't go a day without taking my **Youth Formula**. Thank you!" — **Marlies**



QUOTE OF THE MONTH

"If you want something said, ask a man; if you want something done, ask a woman"

— Margaret Thatcher

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We guarantee a prompt response with a smile!
Kim will be happy to assist you with your questions and your order.

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Announcements



Marlies is proud to announce the upcoming launch of her brand new book **BECAUSE HE COULD** **JANUARY 6, 2021!**

ORDER NOW!

WHAT IF YOU COULD STAY YOUNG AS OLD AS POSSIBLE?

The fountain of youth has been long sought after, but a brilliant doctor was able to bring us one giant step closer with the development of an incredible anti-aging formula—because HE could. But bringing this formula to the world was not without its challenges, and overcoming them took a lot of determination, perseverance, and dedication. This book shares the story of one woman's mission to continue her husband's legacy and help people around the world slow the aging process. A testament to the power of **Youth Formula** herself, Marlies demonstrates that age does not have to slow you down, and that it is never too late to step into your power and take control of your future. Now in her seventies, she has stepped out of her husband's shadow and is ready to show the world what she has achieved—because SHE could.

Special Launch Price

1 DAY ONLY - JANUARY 6, 2021!

You can purchase **BECAUSE HE COULD** at a special launch price of only

\$14.95
Reg \$21.95 CAN

CLICK HERE!