

AGING and NUT R I T I O N



Bob Herman has a professional healthcare background and explains how your choice of foods will effect your health.

Nutrition is not about being tall, or fat, or short, or skinny. Nutrition is about being **healthy or sick**.

Not sick like with the Flu, but sick in degenerative processes such as Cardiovascular Disease, Diabetes, Dementia, Cancer, etc.

Those degenerative health conditions are generally thought about as being associated with aging. Nutrition is about **preventing** an early onset of those health conditions. In other words, putting them off as long as possible.

Nutrition is about PREVENTION!

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