

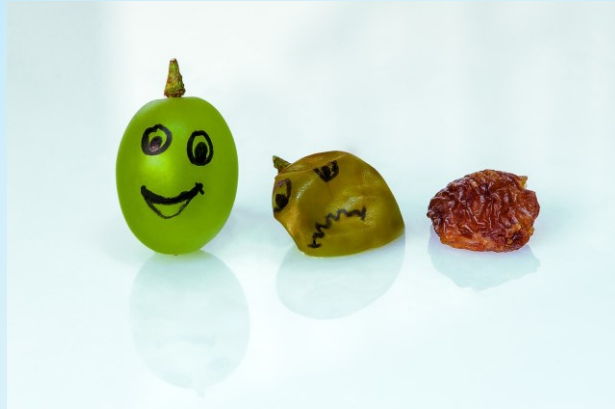
”How Old Would You Be

**If you didn't know
How old you was?”**

~ Satchel Paige



”Love has no age,



**No limit;
And no death.”**

~ John Galsworthy

How Old Is Old?

According to the U. S. Census Bureau

3,000 Americans over 100 years of age in 1950

37,306 in 1960

73,674 in 2004

Estimated 1.1 million by 2050

Will You Be One Of Them?

”There Is A Fountain Of Youth:

It Is Your Mind, Your Talents,

**The creativity you bring
To your life and the lives
Of people you love.
When you learn
To tap this source,**



marilyngould@dreamstime.com

You Will Truly Have Defeated Age.”

~ Sophia Loren

How Do You Know You Are Old?

You Have

Joints and muscles that ache

Itchy, spotty, wrinkled, dry skin

Poor muscle tone, tire easily, feel weak

No sexual, sensual or intimacy desires

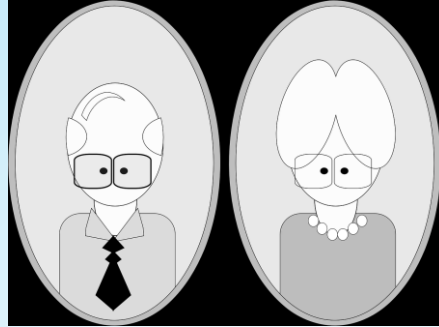
You

Get dizzy standing up or bending over

Are often irritable, grouchy, depressed

Stopped learning or trying new things

Aging Is Not Disease



One Percent Rule – from age 30 onward

Lose 1 percent of function each year

Body Organs Age Differently

Cognitive decline starts as early as 20's

People Age Differently

**“Beautiful young people
Are accidents of nature,
But beautiful old people
Are works of art.”**

~Eleanor Roosevelt



How We Age

Chronological Age – date of birth

Biological Age – physiological signs

Functional Age – health and fitness

Psychological Age – how old we feel

Emotional Age – response and adjustment

Intellectual Age – thought and memory

Social Age – strength of relationships

Spiritual Age – attunement to source energy

Sexual Age – sensual and emotional intimacy

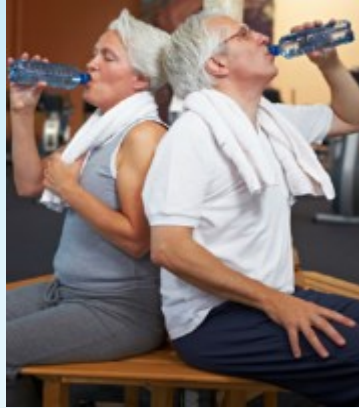
”Those Who Love Deeply



**Never grow old;
They may die of old age,
But they die young.”**

~ Ben Franklin

Predictors Of Healthy Aging



Physical – diet and exercise

Intellectual – keep mind active

Emotional – optimistic, happy

Relationship – support, network

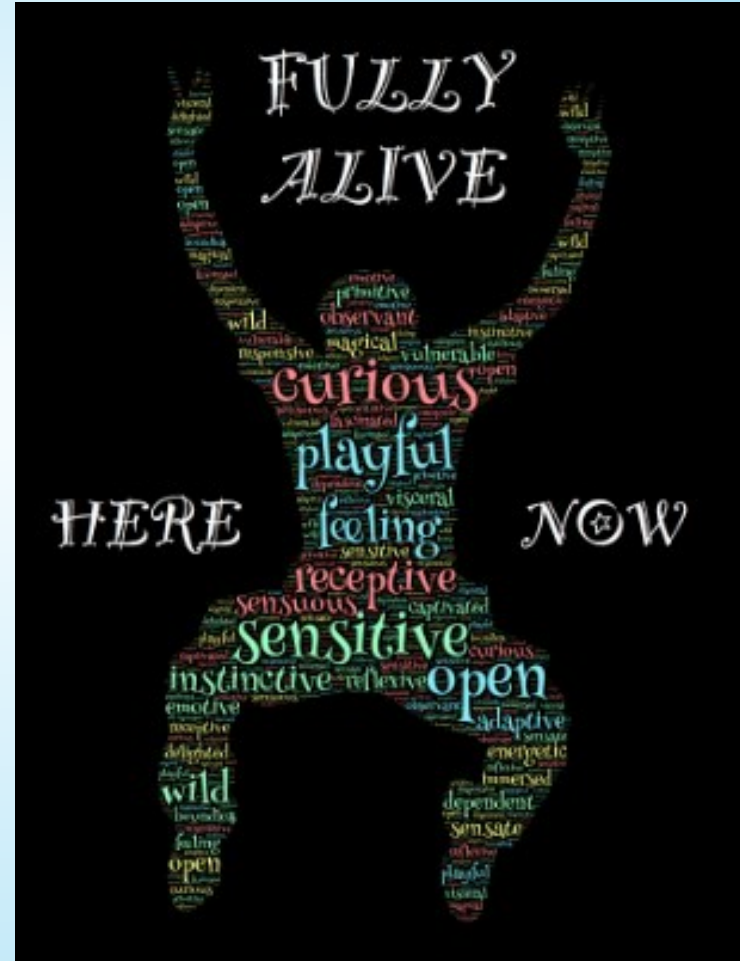
Spiritual – spiritual practices

Sexual – passionate about life

"We Don't Stop Playing

**Because we grow old.
We grow old because
We stop playing."**

~ George Bernard Shaw



Change And Loss Are Inevitable

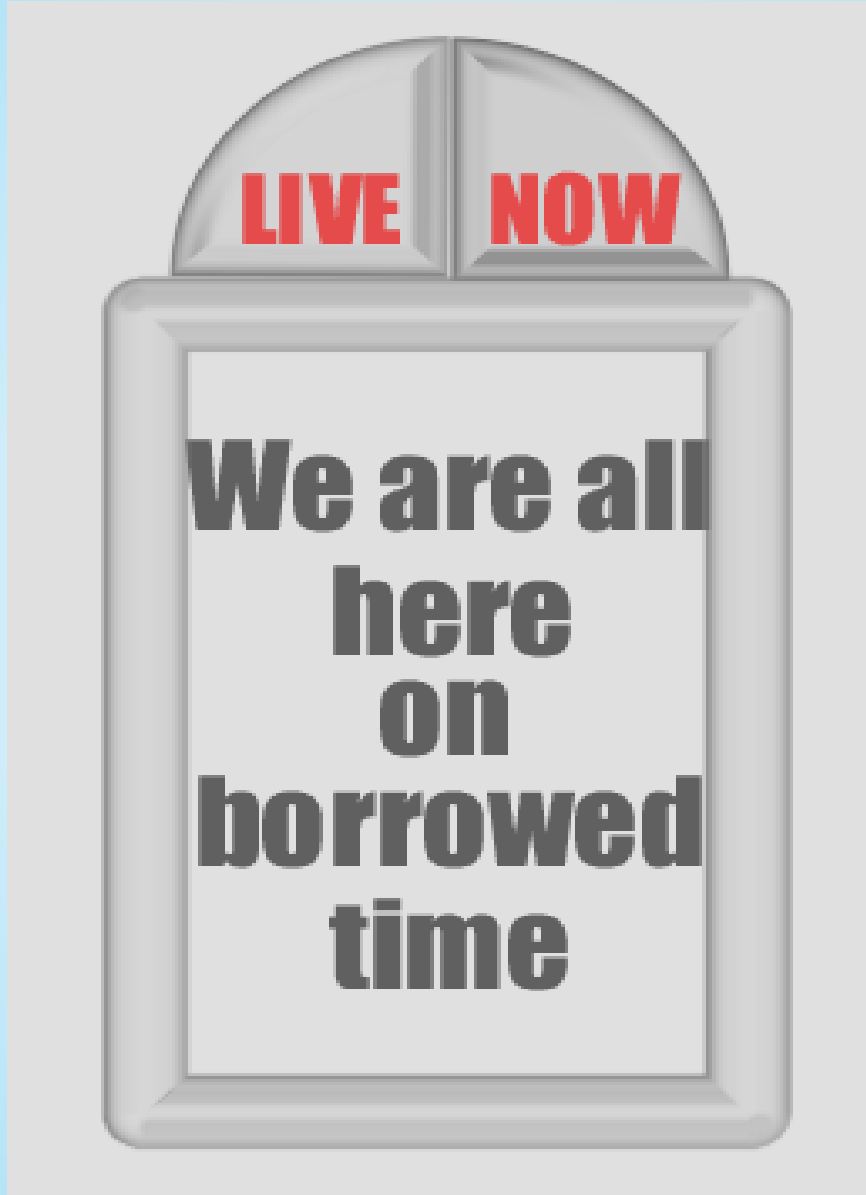
Age Brings Change

Less Physical Strength, Endurance, Agility



The Key To Healthy Aging

If I recognize my **body symptoms
As related to my **thoughts**
I gain insight into my **subconscious**
Which coordinates my **body functions**.
Through my **sensual awareness**
I learn to **change habitual patterns**
let go of **neuromuscular constrictions**
And long-held, inaccurate **beliefs****



Touch For Healing



One gene is turned on by touch

Genes regulate touch cell development

Neuropeptides travel through your body

Storing memories of events in your cells.

Gentle, caring, respectful touch

Can help you to access buried memories

Recall and release the emotional pain

And return to a state of love

Touch For Love

Touch connects us to the world.

Touch teaches. Touch heals.

Sometimes touch hurts.

Touch is powerfully intimate.

Through touching and being touched,

We feel and we heal.

When we are touched with love,

Respect and gentle caring

Our hearts become open and receptive to love.



Healing Power Of Touch

Pain relief

Pain management

Better circulation

Deeper breathing

Decreased anxiety

Relaxation



Body awareness

Body acceptance

Increased energy

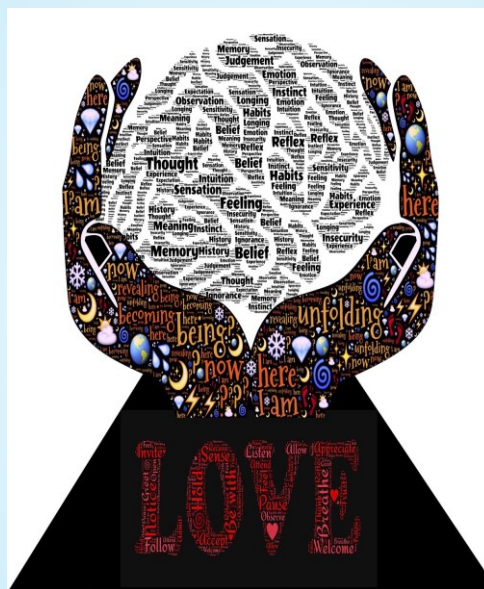
Greater flexibility

Mood elevation

Sensuality

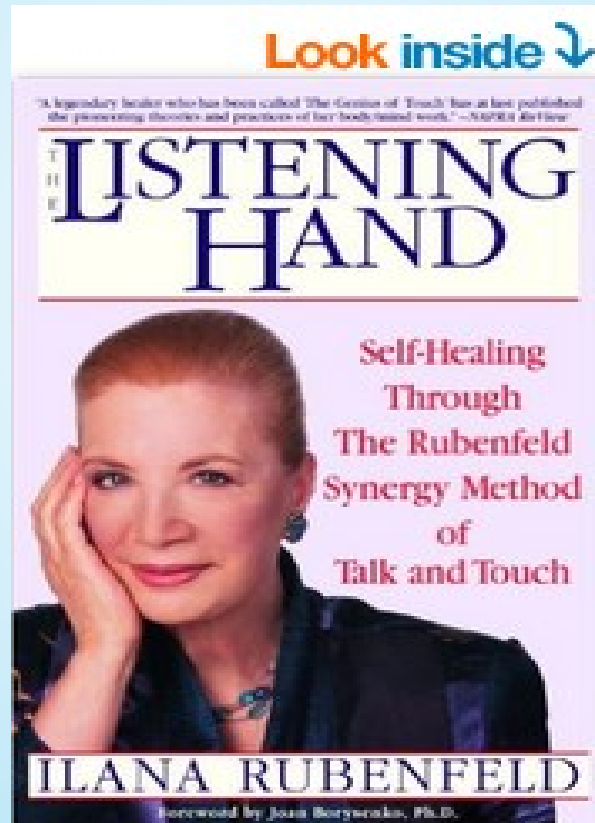
Synergy Of Talk And Touch

Better coping skills
Higher self esteem
Communication
Sense of higher self
Joy of learning
Meaning and purpose



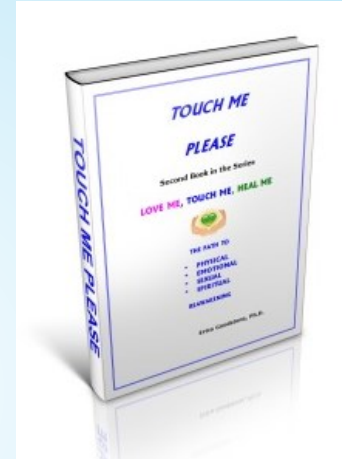
Feeling inner beauty
Expressing joy
Capacity for love
Heightened intimacy
Femininity and masculinity
Acceptance of change

Treat Your Body, Mind and Spirit To A Rubenfeld Synergy Session



Touch Me Please

**Touch me, please
I want to know you
Touch me ... please
I don't know how
Touch me ... please
We'll know each other
Touch me ... please**
~ Dr. Erica Goodstone





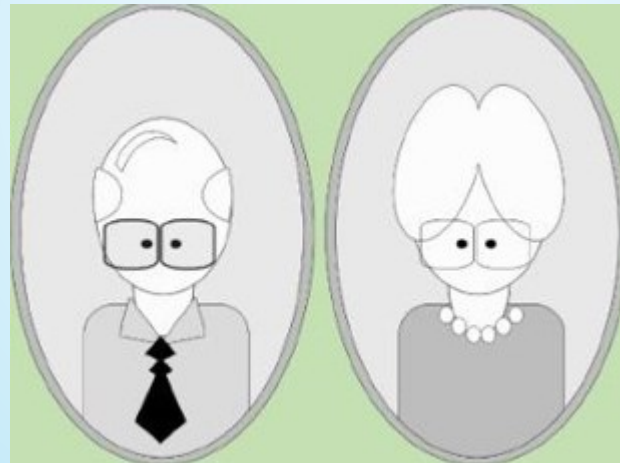
Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love

LIVE TO 100 AND BEYOND

LOVING EVERY DAY YOU ARE ALIVE



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