

Aging: Stuff Happens part 2 July 9, 2026

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Last year's list of resources as well as link to the recordings from 2025, are listed in the QR code.

2026 INVESTIGATE AND LEARN MORE ABOUT PRACTICAL SOLUTIONS:

Acupuncture, color therapy, laughter yoga, music for pain, sound healing, sound therapy, somatic movement, vegus nerve, hugging, diet, exercise, depression, appearance.

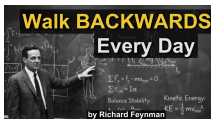
Consider learning how to identify signs of a stroke and heart attack.

Resources:

Walking Backwards general info:



Walking backwards: Scientific evidence:



Hugging - general info:



Hugging Trees:

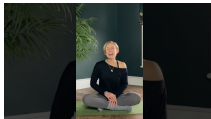
Hugging Trees



Hugging Trees Scientific Evidence



Laughter Yoga:



Color Therapy:



BOOKS:

Outlive: The Science and Art of Longevity by Dr. Peter Attia

OVER THE COUNTER

SYSTANE PRO PF eydrops (way less expensive on eBay. just check the expiration date.