

Aging Gracefully

Navigating the Path to Graceful Aging: A Holistic Approach

Written by: Dr Laura Darby, MD | Unpeel Functional Medicine Weight Loss & Med Spa

Aging gracefully requires understanding the intricate dance between our mental, physical, emotional, and spiritual health. Just as a symphony requires each instrument to be in tune, our bodies and minds demand a harmonious balance to thrive as we age.

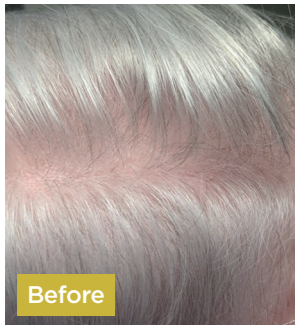
Mental and emotional resilience can be nurtured through practices that keep the brain active and the heart fulfilled. Engaging in continuous learning, having hobbies, trying new things, cultivating strong relationships, maintaining a sense of purpose, and helping others are essential. Simultaneously, spiritual wellness, often overlooked, is as crucial as physical health. Meditation, mindfulness, prayer, spending time in nature, practicing gratitude, and maintaining a positive outlook can significantly enhance your peace and satisfaction, reflecting profoundly in your outward aging process.

Physically, the adage “you are what you eat” resonates deeply. Tailoring diet to one’s genetic makeup by using blood-type diets, not only supports digestion and sleep but also fortifies our immune system and reduces stress, inflammation, and diseases as we age. Ensuring each meal has ample protein, a variety of vegetables, and healthy fats can dramatically improve how our bodies age internally and externally.



Skincare should not be underestimated in its role in aging gracefully. Embracing skin rejuvenation techniques and maintaining a routine that includes sun protection and effective skincare products can preserve the skin’s elasticity and youthfulness. Treatments like microneedling, radio frequency, and laser can help to tighten the skin and reduce wrinkles and sun damage. Hair rejuvenation treatments also contribute to overall aesthetics, enhancing our self-perception and confidence.

By focusing on these aspects, we can not only slow the aging process but, in some cases, reverse its effects, leading to improved longevity and quality of life. Remember, the journey to aging gracefully is not just about adding years to life but life to your years.



DR. LAURA DARBY, MD



UNPEEL
FUNCTIONAL MEDICINE
WEIGHT LOSS & MED SPA

Look, Feel, and Function Your Best at Any Age!

At Unpeel Functional Medicine Weight Loss & Med Spa, our menu of medical-grade aesthetic, health & wellness, and weight loss services gives our patients noticeable results, individualized treatments, and personalized care that fits within your budget and timeline to reach your skin and wellness goals.

Our staff and dedicated professionals will provide treatments, packages, programs, and products that help you look, feel, and function younger, healthier, happier, and energized at any age.

Our physician, Dr. Laura Darby, MD, has spent over 25 years in medical practice and has over 20 years of experience in Medical Aesthetics, Health and Wellness,

Disease Prevention, Holistic Integrative Medicine, Internal Medicine, Alternative Therapies, Weight Loss, Nutrition, Age Management Medicine, Regenerative Medicine, and Functional Medicine.

Dr. Darby enjoys educating and empowering her patients with the knowledge and options to make confident decisions for their own care while guiding them along their path to reach their goals and stay mindful of their budget.

She is known for her caring manner and concern for her patients well being and happiness.

We welcome you to our practice, and hope that you feel at home here!

Unpeel Deals!

BOOK YOUR CONSULTATION TODAY!

FREE	\$50 OFF	\$100 OFF
<p style="text-align: center; font-weight: bold;">30-Minute Consult</p> <p style="text-align: center;">Skin, Weight Loss or Health & Wellness \$150 Value!</p>	<p style="text-align: center; font-weight: bold;">Any Single Med Spa Treatment</p> <p style="text-align: center;">Chemical Peels, Laser, Body Sculpting and More!</p>	<p style="text-align: center; font-weight: bold;">Any Single Med Spa Treatment Package</p> <p style="text-align: center;">Acne, Sun Damage, Hair Loss and More!</p>

We treat acne, scars, stretch marks, sun damage, lines, wrinkles, sagging skin, hair loss, excess body fat and more!

Medical and Natural:

- Skin care products and treatments
- Weight loss, health & wellness diets / treatments / programs

720-253-6182

unpeelboulder.com

400 E. Simpson St., Suite G7, Lafayette, CO 80026