B	I	N	G	O
sexual needs	brittle hard thicker nails	dimmed eyesight	less energy & initiative	increased fatigue w/ exertion
decreased muscle mass	repeat favorite stories	joint changes	decreased bone mass	legacy
poor circulation	slower to accept change	**FREE**	decreased cough mechanism	fragile skin
graying / loss of hair	need more time to mentally process information	hearing impaired	fewer interests	increased risk of disease
elderly	decreased memory	joy & happiness	wisdom	difficulty adjusting to lighting change

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B	I	N	G	O
slower to accept change	decreased bone mass	less energy & initiative	decreased muscle mass	joint changes
dimmed eyesight	wisdom	increased fatigue w/ exertion	decreased memory	legacy
graying / loss of hair	decreased cough mechanism	**FREE**	fragile skin	brittle hard thicker nails
fewer interests	joy & happiness	sexual needs	difficulty adjusting to lighting change	need more time to mentally process information
hearing impaired	increased risk of disease	poor circulation	repeat favorite stories	elderly

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B	I	N	G	O
decreased memory	joy & happiness	decreased bone mass	increased risk of disease	decreased cough mechanism
sexual needs	graying / loss of hair	hearing impaired	repeat favorite stories	increased fatigue w/ exertion
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slower to accept change	legacy	less energy & initiative	wisdom	dimmed eyesight
fragile skin	brittle hard thicker nails	joint changes	decreased muscle mass	elderly

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