

WFWP USA DC Chapter: Becoming Ageless Webinar

Natascha Phillips

June 23, 2023



Ms. Debra Poneman

What woman doesn't want to become ageless, or at least slow down the process of aging, let alone reverse it? I dare to say no one!

Ms. Debra Poneman, founder and CEO of [Yes to Success Seminars](#), spoke at a very insightful webinar entitled "Becoming Ageless: Natural Modalities to Slow, Stop and even Reverse Aging of the Brain and Body."

This timely event, held on Friday, June 23, was hosted by the WFWP DC chapter under the leadership of Chairwoman Ms. Elizabeth Aihe and drew some 40 participants, ready with their notepads to hear the many concrete tips to stop or reverse aging, all based on scientific research.

The evening program began with a welcome by the emcee, Ms. Natascha Phillips, the Global Women's Peace Network representative for the southeast region. She then introduced Dr. Angelika Selle, the WFWP USA National Advisor and former president, who offered a brief introduction to the organization. Dr. Selle highlighted three points that set WFWP apart from other organizations: the vision that is based on a spiritual foundation, the philosophy of living by the logic of love, and the exemplary leadership of the founders, Rev. Sun Myung Moon and Dr. Hak Ja Han Moon.

Following this short and inspiring message, the participants were treated to a beautiful musical interlude by Ms. Makiko Taguchi, a professional violinist who has extensive experience both as a soloist and performing with several renowned orchestras.

Ms. Aihe offered her own brief welcome as the host of the event, and asked everyone to honor the late co-chair of WFWP DC, Minister Chi Mauuso, who passed away last month, with a moment of silence.

She then introduced the main speaker of the evening, Ms. Debra Poneman, who has 40 years of experience in helping others lead happy and successful lives. Ms. Poneman, in a very animated way, and

looking radiant herself, filled the entire hour with valuable tips and information as she could feel the eagerness of her audience, seeking to discover all her best advice, such as how to slow the process of wrinkles, avoid ailments and lower the risk of degenerative brain diseases such as Alzheimers.

After sharing about the benefits of meditation, she led the participants through a simple breathing exercise known as "straw breaths" which can quickly and effectively lower stress response in the body. Other practical advice she offered included eliminating white refined sugar from our diets, going to bed at 10 pm in order to maximize the human growth hormone, and protecting our eyes and skin from exposure to blue light.

At the conclusion of her talk, there was some time for questions and answers, and she helpfully shared a link to her [ebook](#) and other valuable resources that related to the topic.

The program ended with another lovely violin performance by Ms. Taguchi and final announcements from the emcee.

Here are a few comments from participants:

"In the past, I read a statement that our brains begin to slow by the age of 26. I appreciated Debra's scientific explanation about that and the different ways she suggested to slow that process as she, herself, is a vibrant lady of 71 years." Shirley Chimes, GWPN State Coordinator, Colorado and Member of the WFWP USA Board of Directors

"I enjoyed speaker Debra Poneman very much. She shared information about health hazards that I wasn't aware of. Examples were the blue rays from computers and cell phones - information I had heard of years ago, but thought the health concerns were resolved. I found her very relaxing and calming. If you had her present again, I would attend." Badiya Sudan Murphy, Organization: Window of Wealth

"Beautifully orchestrated event packed full of useful information and inspiration. Thank you so much for sponsoring this presentation. I look forward to the next one!" Susan Henry

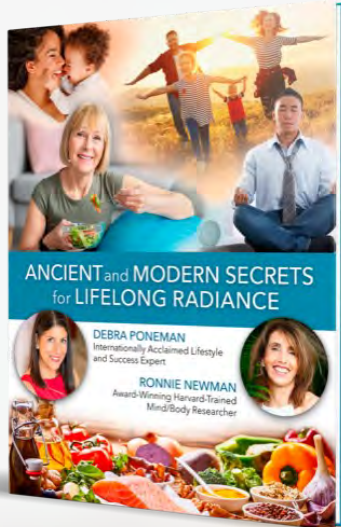
"Living my life to the fullest is exciting. However, knowing the best practices for a healthy life can be challenging. The presentation from Debra Poneman was very informative in support of changing body consumption to ensure and enhance healthy living. "A Mind Is A Terrible Thing To Waste" Arthur Fletcher." Peace Ambassador, Dottie Chicquelo, Ph.D.

The age of Debra, 71. compared to her physical appearance proves the truthfulness of her representation.

The presentation was so rich and priceless. I came to understand that aging is about our lifestyle choices. Oxidation can break down cell tissues and lead to skin cancer. To alleviate aging we need to be armed with antioxidant food. I really enjoyed the presentation and I am practicing straw breathing. Elie Likeng

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- ~ What science says is now aging our skin more than sun exposure (and we all do this unknowingly every day)
- ~ Which types of exercise can give you the vitality of a 20-year-old—even in your 50's, 60's, and beyond
- ~ How bad breath can lead to Alzheimer's and dementia (WHAT!?!?)
- ~ A little known way to ensure sexual health at every age

Ronnie and Debra also share a specific way to use your breath in order to release anxiety and clear your brain in under a minute!!

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Your ebook will be sent to the email address you submit above!

"Ronnie Newman and Debra Poneman deliver a highly effective, easy to implement roadmap for lifelong health and vitality, based upon cutting edge science. It's pure excellence from start to finish."

~ Philip Lichtenfeld, M.D.