



Foods That Combat Aging: The Nutritional Way to Stay Healthy Longer (Paperback)

By Deborah Mitchell

HarperCollins Publishers Inc, United States, 2008. Paperback. Book Condition: New. 168 x 104 mm. Language: English . Brand New Book. We are consumed with youth and beauty. Foods That Combat Aging breaks down the research and makes recommendations that anyone can understand. Instead of only listing foods that should be avoided to maintain a youthful glow, this book will also focus on the healthy foods, such as green, leafy vegetables and enriched cereals and breads. A comprehensive nutrition counter featuring over 2000 foods, broken down by serving size and anti-aging properties, makes this book the perfect grocery store companion. Readers will be excited to learn that maintaining good health and looking younger isn't just about saying no to their favorite foods, but about saying yes to other healthy, delicious options. Foods That Combat Aging is a comprehensive and accessible guide to an anti-aging diet that will be a must-have for the tens of millions of people looking for a fresh start to a healthier life.



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Reviews

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