



## Cooking Well: Anti-Aging: Over 100 Easy and Delicious Recipes for Longevity and Youthfulness (Paperback)

By Hatherleigh Press

Hatherleigh Press, U.S., United States, 2014. Paperback. Book Condition: New. 229 x 154 mm. Language: English . Brand New Book. Improve Health and Reduce Signs of Aging with Over 100 Delicious and Nutritious Recipes More and more research has shown that we actually do have some control over how we age. Many of our lifestyle habits, like diet, sleep, exercise, and stress management, affect our body's ability to repair the cellular damage that occurs with age. Many foods have properties that help prevent certain diseases and keep us feeling young and healthy. Incorporating these foods into our diet early on helps ensure that the aging process will be gentle and healthful. Cooking Well: Anti-Aging features over 100 recipes designed to strengthen your immune system, increase your energy and keep you feeling healthy well into your golden years. With a variety of recipes to suit all tastes and lifestyles, Cooking Well: Anti-Aging has everything you need to keep your appetite satisfied while taking advantage of key ingredients in preventing the negative effects of aging. Cooking Well: Anti-Aging also includes: - Tips on how to age gracefully through diet and exercise, including boosting metabolism reducing cholesterol - Guidelines on foods to choose...

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