



Cooking Well: Anti-Aging: Over 125 Easy & Delicious Recipes for Longevity & Youthfulness

Anna Krusinski (Editor)

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Eating a healthy diet is the quickest way to protect our bodies, inside and out, and encourage longevity and a youthful appearance. Knowing which foods to seek out and which to avoid can be a daunting task. Now, ***Cooking Well: Anti-Aging*** provides a comprehensive guide to the "superfoods" that doctors and scientists are hailing for their anti-aging properties. These easy to prepare, delicious recipes make it easy to tap into the benefits of antioxidants, vitamins, and other healthful nutrients that guard our health and our youth.

In addition to simple, delicious recipes, this book also features:

- **A lifestyle guide to staying young** that explains what to do and what to avoid to ensure a youthful glow no matter what your age.
- **Important tips and suggestions on how to shop for the most beneficial foods**, what to stock in your kitchen, and Chef's Tips for the best way to prepare fresh fruits and vegetables to maximize their health benefits
- **A comprehensive explanation of how a healthy diet can prevent aging** that separates fact from fiction and identifies easy ways to reap the benefits of the most healthful foods when you are on the go, out to eat, or cooking for a family or entertaining guests.

All recipes and meals in the "Cooking Well" series have been specially created by renowned health and diet experts. Each book in the series also includes general nutrition information as well as tips on which foods to avoid along the path of nutritional healing.

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MW says

* I received this book for free through Goodreads First Reads Giveaway. *

Easy to read and easy to follow the recipes. I have not prepared all the recipes, but the ones I have tried, do taste pretty well!
