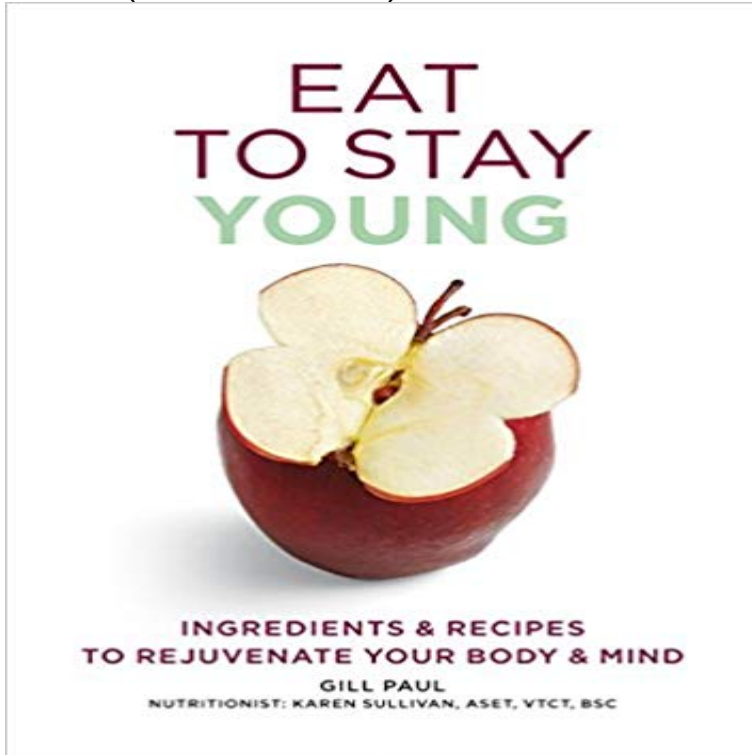


Eat To Stay Young: Ingredients and recipes to rejuvenate your body and mind (Eat Yourself)



Growing older is natural, but eating the right foods can slow the process down and keep your body's stores of age-fighting nutrients topped up. Featured in this book are the key foods that have been proven to increase the feeling of youthfulness in our minds and bodies - cranberries, aubergines, guava, tuna and cinnamon to name a few. A clever problem-solver helps you choose the ingredients that address your symptoms, whether thinning hair, dry skin, poor circulation, joint pain or forgetfulness. With over 60 easy-to-follow, quick-to-prepare, completely delicious recipes and weekly meal planners, Eat To Stay Young is the perfect way to turn back the clock and achieve optimum health.

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