

EAT YOURSELF YOUNG



**INGREDIENTS & RECIPES
TO REJUVENATE YOUR BODY & MIND**

GILL PAUL

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Resumo de Eat to Stay Young: Ingredients & Recipes to Rejuvenate Your Body & Mind

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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