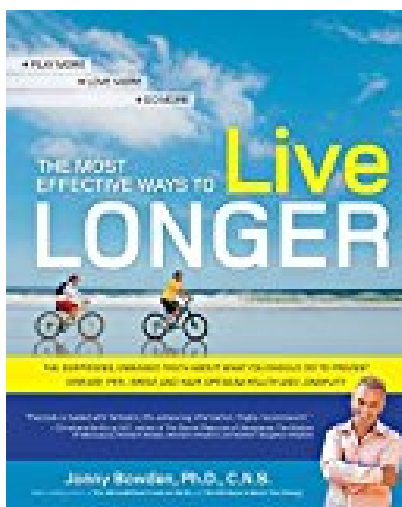


# The Most Effective Ways to Live Longer The Surprising Unbiased Truth About What You Should Do to Prevent Disease Feel Great and Have Optimum Health and Longevity

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## BOOK DETAILS

- Author : Jonny Bowden
- Pages : 288 Pages
- Publisher : Fair Winds Press
- Language : English
- ISBN : 1592333400

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## BOOK SYNOPSIS

In *The Most Effective Ways to Live Longer Cookbook*, author Jonny Bowden, one of America's top nutritionists, reveals the science behind food and longevity, and offers recipes that will lengthen your life and keep you strong, healthy, energetic, and active. Each and every of the 150 recipes inside have been specifically engineered to combat and reverse the effects of aging, so that you can get the most out of each day and do the things you always dreamed of, every decade of your life. You'll be treated to hundreds of delicious, easy to prepare meals that will:

- Combat oxidative damage caused by free radicals from the environment and your own body, wearing you down from the inside out
- Fight inflammation, the "silent killer" that is a factor in just about every degenerative disease
- Avoid glycation, a process that is implicated in many of the diseases of aging
- Reduce stress, which can cause more damage to your overall well being than you think
- Prevent damage to the organs that are most vulnerable to aging such as the brain, heart, and bones are also included.

With *The Most Effective Ways to Live Longer Cookbook*, the smartest, tastiest program for living a longer, better, healthier life is here!

### **THE MOST EFFECTIVE WAYS TO LIVE LONGER THE SURPRISING UNBIASED TRUTH ABOUT WHAT YOU SHOULD DO TO PREVENT DISEASE FEEL GREAT AND HAVE OPTIMUM HEALTH AND LONGEVITY**

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