



The Top 100 Foods for a Younger You: 100 Remedies to Turn Back the Clock (The Top 100 Recipes Series)

Sarah Merson

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Blackberries neutralize free radicals, which cause heart disease and premature wrinkles. Beets purify the blood and act as an anticarcinogen. Sardines have age-defying fatty acids and antioxidants. There's no longer any doubt that a healthy diet is the cornerstone of a long and healthy life; eating right slows the aging process and keeps you looking good and feeling great. A qualified naturopath provides expert advice on 100 tried-and-tested foods with the power to strengthen your immune system, increase resistance to colds and infections, boost energy levels, and fight diseases such as osteoporosis, arthritis, and diabetes. This conveniently sized guide—part of the bestselling Top 100 series—offers simple recipes for self-help treatments, an invaluable ailment directory, and an ingenious graphic symbol system that cross-references remedies with the body parts they treat.

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Playing with family within a park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, then why you don't try issue that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love The Top 100 Foods for a Younger You: 100 Remedies to Turn Back the Clock (The Top 100 Recipes Series), you can enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh come on its mind hangout fellas. What? Still don't get it, oh come on its named reading friends.

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