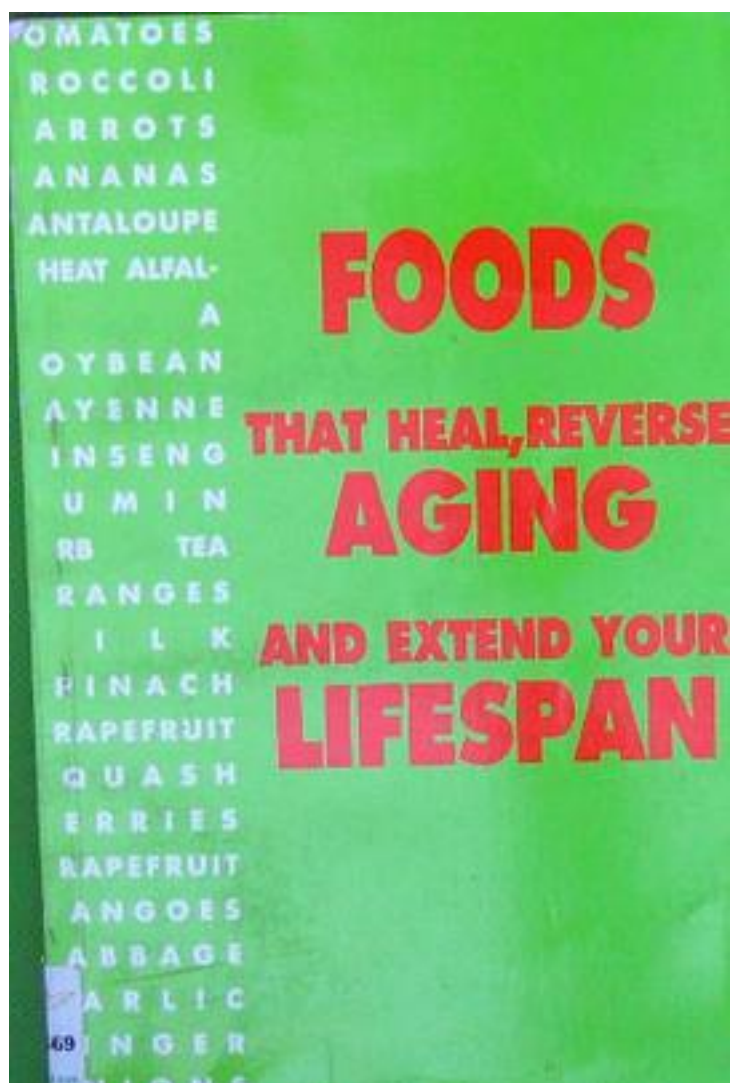


Foods That Heal Reverse Aging and Extend Your Lifespan!



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Through proper nutrition I hope to live to be 100. After all, my grandmother made it to 97, and she was following dietary ideas she had gotten long before I was born. With all that we know now about diet and nutrition we should be able to do a little better than our grandparents. People have always talked about the benefits of a good diet and the harm that a bad diet can do. I just think that we can do better today. The problem with most dietary advice has been that a good diet was also a boring diet. If you only knew of one food that was good for, say, high blood pressure, you would get tired of it after a while and go back to eating something you enjoyed no matter what happened to you. I want to get away from that by giving you a variety of foods that can be used for most medical problems.

作者介绍:

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