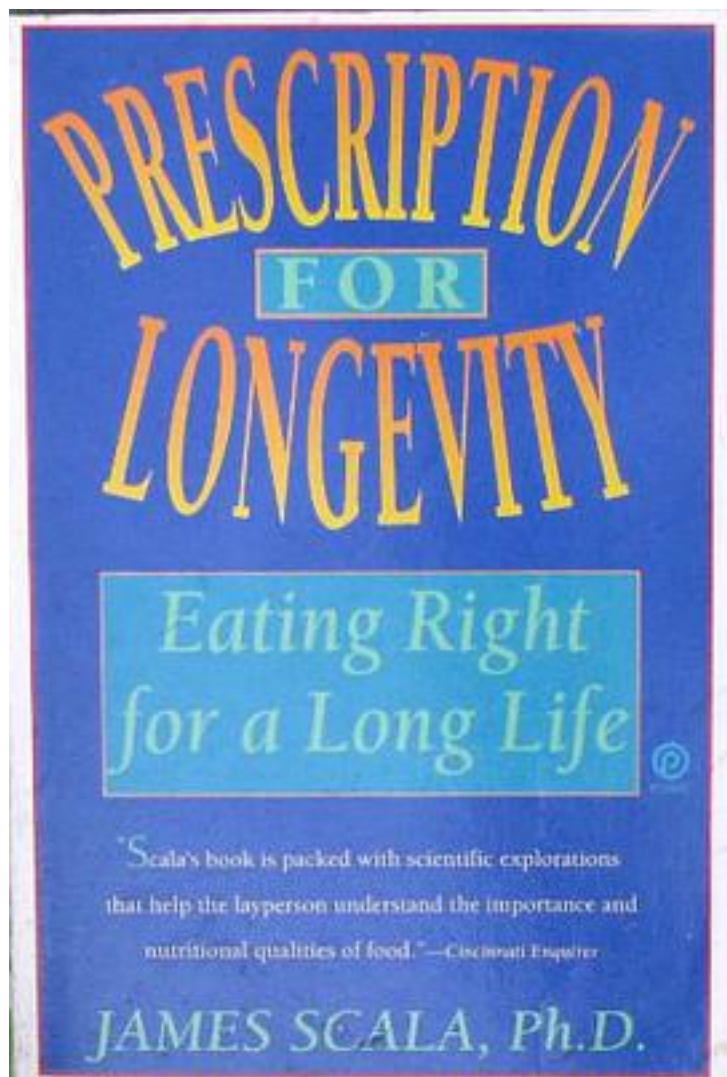


# Prescription for Longevity



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ou may think the adage "An apple a day keeps the doctor away" is an old wives' tale with no basis in fact. But the truth is that some foods do contain protective substances that can help us live longer, healthier lives and aid in the prevention of ailments ranging from cataracts to cancer. Dr. Scala traced the nutritional origins of folk tales such as this, and from his eye-opening research has formulated a longevity diet that's a proven success. Men and women following Dr. Scala's diet program report that they began to feel significantly better almost immediately. Within one week they slept more soundly at night and had more energy in the morning. Within one month they looked better and people noticed it. Now this safe, effective, revolutionary program can be your life extender--and lifesaver. You will learn--why red, yellow, and orange vegetables prevent the oxidative reactions that cause cancer--why fish is the brain food that prevents stroke, high blood pressure, and inflammatory diseases such as arthritis why spinach and other green, leafy vegetables prevent the fatigue that accompanies folic-acid deficiency--and much more JAMES SCALA, Ph.D., is a graduate of Columbia University (B.A.) and Cornell University (Ph.D.). He is the former vice president of Scientific Affairs for the Shaklee Corporation and former director of Health Sciences at General Foods. Scala has been a lecturer at Georgetown Medical School and an instructor in nutrition at the University of California at Berkeley. He lectures widely at meetings and conventions and makes frequent media appearances. He is the author of Eating Right for a Bad Gut, The High Blood Pressure Relief Diet (available in Dutton in Lafayette, California. Relief Diet, and The Arthritis and Plume editions). He lives

作者介绍:

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