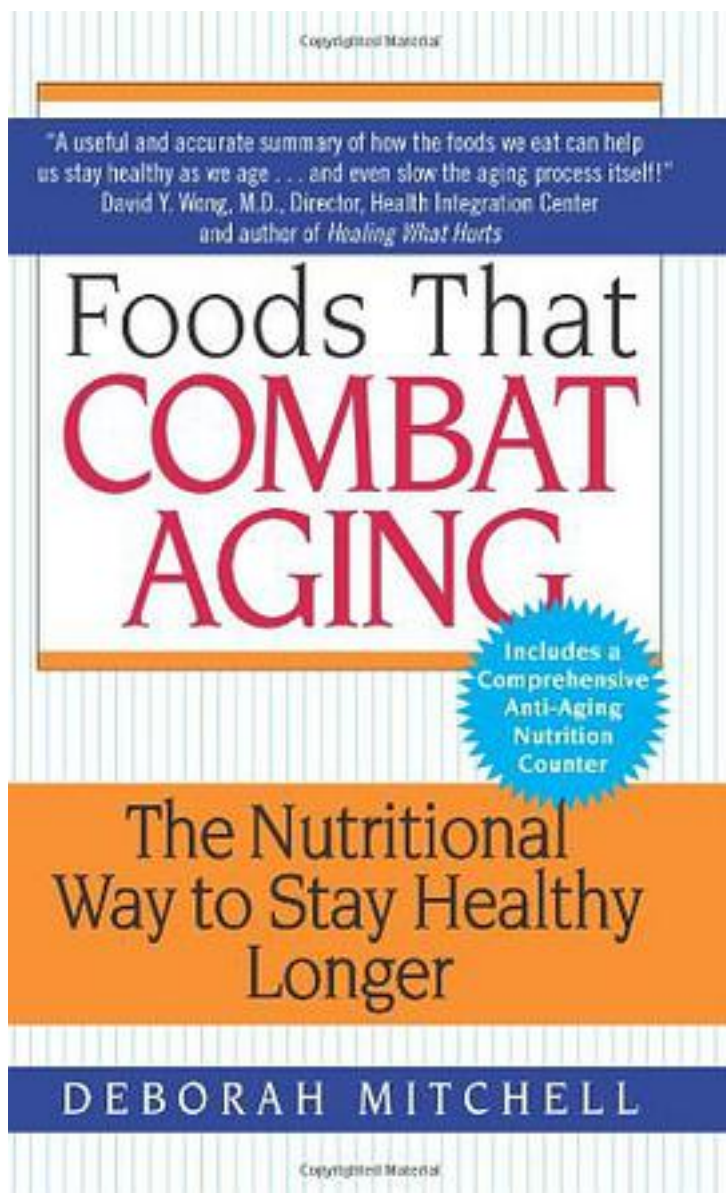


Foods That Combat Aging



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While it is impossible to stop the passage of time, there are ways to prevent it from taking its toll on your appearance and your health—without resorting to injections and painful, expensive plastic surgery. The secret is in the foods you eat every day! The right diet can renew your energy; help you to maintain smooth, clear skin and a youthful glow; and actually add years to your life. This remarkable handbook will be your Fountain of Youth—providing meal plans, delicious recipes, and essential information that will enable you to turn back the clock and get a fresh and healthy new start on life! Your indispensable guide to looking and feeling younger An easy-to-use nutrition counter covering more than 3,000 foods, broken down by their anti-aging nutrients Mouth-watering recipes to revitalize the body and soul How to shop, how to eat, what to look for to achieve optimum health and maximize your quality of life in later years And much more!

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