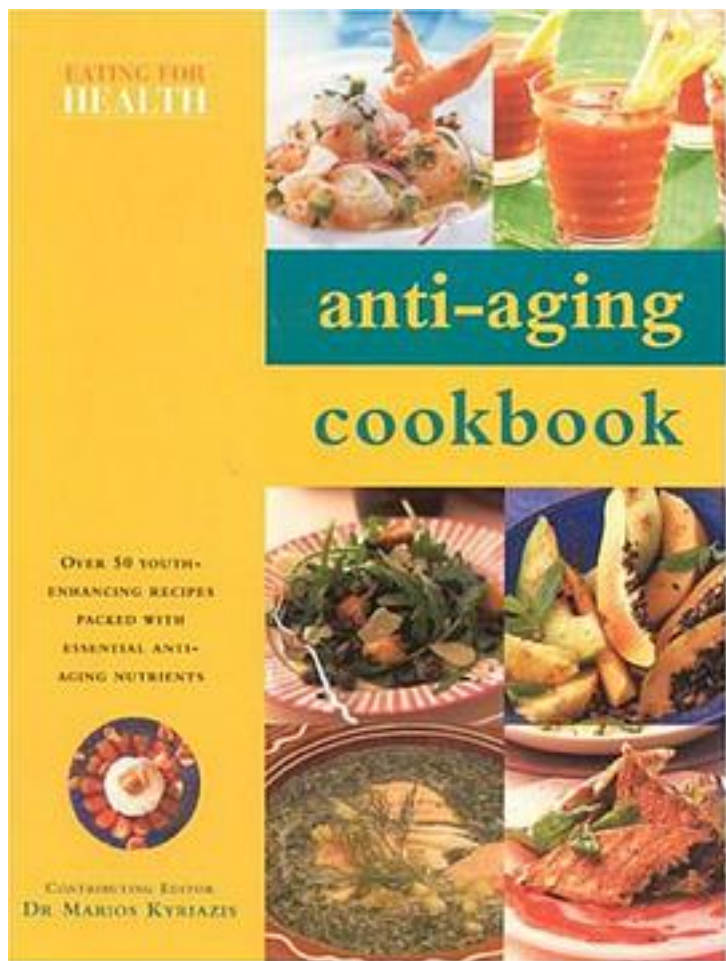


# Anti-aging Cookbook



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著者:Kyriazis, Marios

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Explains why we age and what we can do to stay younger longer; how to use diet to combat aging diseases, such as cancer, heart disease, and diabetes; and how to maintain a youthful lifestyle.

作者介绍:

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