



The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health]

Rebecca Katz, Mat Edelson

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A collection of 125 delicious whole-foods recipes showcasing 16 antioxidant-rich power foods, developed by wellness authority Rebecca Katz to combat and prevent chronic diseases such as diabetes, heart disease, high blood pressure, inflammation, arthritis, and other conditions that plague American adults, enabling readers to live longer, healthier lives.

Despite our anti-aging obsession and numerous medical advances, life spans are actually shortening because of poor lifestyle decisions. But it doesn't have to be so. Food-as-medicine pioneer Rebecca Katz harnesses the power of 16 age-busting superfoods and the latest scientific research on epicurean genetics in these recipes that prevent and address life-threatening chronic conditions. She focuses on key body systems and provides a full breakdown of the health-promoting benefits of each main ingredient in the book. With *The Longevity Kitchen*, readers will keep all systems running smoothly well into old age.

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From reader reviews:

Valerie Gray:

Playing with family in a very park, coming to see the ocean world or hanging out with pals is thing that usually you could have done when you have spare time, and then why you don't try matter that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health], you may enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't get it, oh come on its referred to as reading friends.

James Mendoza:

Are you kind of busy person, only have 10 or perhaps 15 minute in your moment to upgrading your mind proficiency or thinking skill possibly analytical thinking? Then you are having problem with the book in comparison with can satisfy your short period of time to read it because all this time you only find publication that need more time to be read. The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health] can be your answer since it can be read by a person who have those short free time problems.

Tina Alley:

The book untitled The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health] contain a lot of information on it. The writer explains your ex idea with easy means. The language is very straightforward all the people, so do not worry, you can easy to read it. The book was compiled by famous author. The author brings you in the new period of literary works. You can actually read this book because you can read more your smart phone, or model, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site along with order it. Have a nice go through.

Travis Pope:

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