



The Top 100 Foods for a Younger You: 100 Remedies to Turn Back the Clock (The Top 100 Recipes Series)

By Sarah Merson

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Blackberries neutralize free radicals, which cause heart disease and premature wrinkles. Beets purify the blood and act as an anticarcinogen. Sardines have age-defying fatty acids and antioxidants. There's no longer any doubt that a healthy diet is the cornerstone of a long and healthy life; eating right slows the aging process and keeps you looking good and feeling great. A qualified naturopath provides expert advice on 100 tried-and-tested foods with the power to strengthen your immune system, increase resistance to colds and infections, boost energy levels, and fight diseases such as osteoporosis, arthritis, and diabetes. This conveniently sized guide—part of the bestselling Top 100 series—offers simple recipes for self-help treatments, an invaluable ailment directory, and an ingenious graphic symbol system that cross-references remedies with the body parts they treat.

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