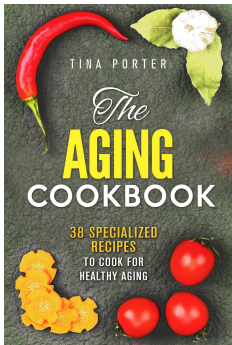


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THE AGING COOKBOOK 38 SPECIALIZED RECIPES TO COOK FOR HEALTHY AGING EBOOKS 2019



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Recipes designed to boost the health of the aging body! Do you experience sluggishness, mental fogginess, carry added weight, have aches and pains, or even high blood pressure? If you are like most people in our generation, then the chances are that you are currently experiencing, or have previously experienced, at least one of these symptoms that frequently accompany the aging process. If you are looking to not only address these symptoms, but to also add a little grace in to the process of aging, the recipes included in this book can help. Few people understand just what an impact nutrition has on our overall health, particularly the aging body. The truth is, however, that through catering your diet to your changing nutritional needs, you can counteract the effects of the process that many refer to as "natural aging." Inside You Will Learn: What "healthy aging" actually means. Important nutritional elements for the aging body. Low-carb lunch recipes for a healthily aging body. Low-carb dinner recipes for a healthily aging body. Low-carb dessert recipes for a healthily aging body. And Much More! Once you experience the benefits of providing your body with the nutrients that you need to support the aging process, you will never turn back! Don't wait another minute! Download This Book Now!

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