



Healing Superfoods for Anti-Aging: Stay Younger, Live Longer

Karen Ansel

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We know that eating well can make us slimmer and healthier—but it profoundly affects our health and longevity, too!. This life-changing book, written by top nutritionist Karen Ansel RD, is an anti-aging plan made easy. Fast moving and filled with fun nuggets of easy-to-follow advice, *Healing Superfoods for Anti-Aging* is divided into two sections: the first hones in on nourishing our bodies from the inside to prevent chronic disease and maximize health, while the second focuses on ways to reverse the physical signs of aging. It serves up 101 superfoods like edamame, chia, pecans, and salmon that are guaranteed to help you live longer and stronger. Ninety-six recipes contain the most potent foods proven to help you look younger, increase energy and mental focus, and lower the risk of ailments such as heart disease, strokes, cancer, and diabetes. Weekly meal plans even include special menus for anyone on gluten-free, low-carb, or vegetarian diets. Enjoy good-for-you and good-tasting dishes, including Greek-Style Tilapia, Cous-Cous with Chick Peas, a Mexican Burrito Bowl, and even snacks like Chocolate Chili Popcorn.

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