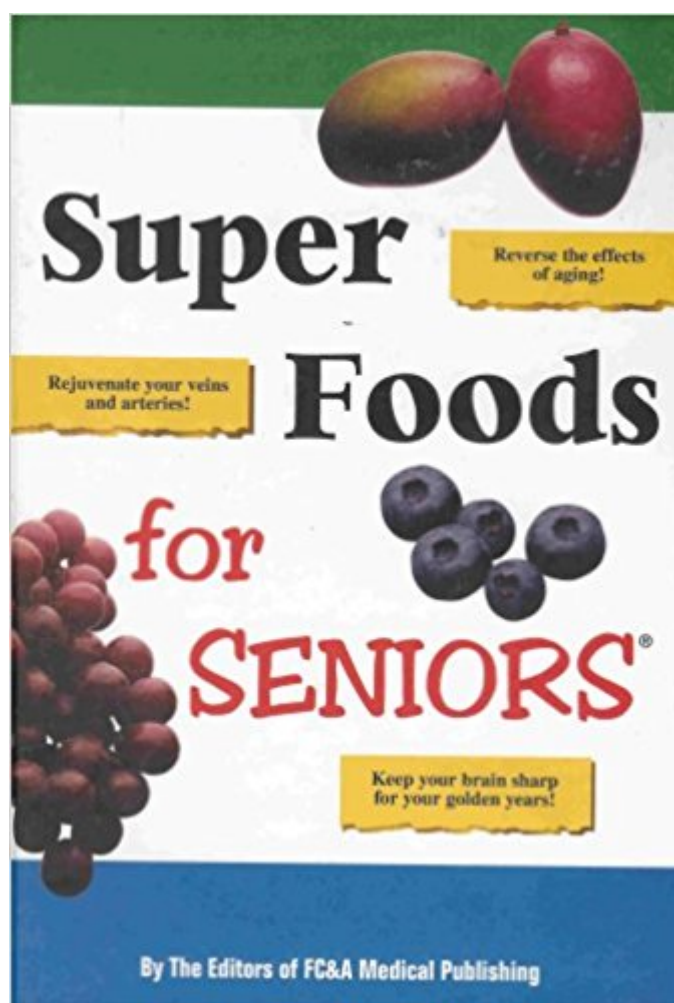


The book was found

# Super Foods For Seniors (Reverse The Effects Of Aging, Rejuvenate Your Veins And Arteries, Keep Your Brain Sharp For Your Golden Years)



## Synopsis

Natural solutions can help you prevent illness and shake off depression, stress, irritability - even cravings that lead to overeating. Super Foods for Seniors uncovers amazing recent discoveries about the causes of disease and depression. Learn about the food/body connection and how to make it work for you. Even the timing of your meals and snacks is important, and a change in meal schedules can mean a change in your disposition! Plus, get great tips on how to make exercise enjoyable, how to improve blood flow to your brain to stimulate "happy chemicals," and how to improve your overall health.

## Book Information

Series: Super Foods For Seniors

Hardcover: 378 pages

Publisher: FC&A Medical Publishing (2006)

Language: English

ASIN: B000PR02UQ

Package Dimensions: 9.3 x 6.5 x 1.2 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 4.2 out of 5 stars 5 customer reviews

Best Sellers Rank: #3,224,216 in Books (See Top 100 in Books) #18 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Bone Cancer](#)

## Customer Reviews

Natural solutions can help you prevent illness and shake off depression, stress, irritability  
• even cravings that lead to overeating. Super Foods for Seniors uncovers amazing recent discoveries about the causes of disease and depression. Learn about the food/body connection and how to make it work for you. Even the timing of your meals and snacks is important, and a change in meal schedules can mean a change in your disposition! Plus, get great tips on how to make exercise enjoyable, how to improve blood flow to your brain to stimulate "happy chemicals," and how to improve your overall health.

Good book but others out now are more detailed (believe it or not).

Still reading it...

I originally took this book from the local library and was so impressed by it that I returned to to buy my own copy. What I like most about the book is that it doesn't just list a bunch of foods that are supposedly good for you but backs up the claims with clinical research which cite the healing powers of various food ingredients and vitamins and what ailments are best suited for consumption. You will find chapters which deal with such conditions as depression, memory, energy, headaches, ulcers, heart, diabetes and more. Did you know that unsweetened applesauce (1 cup) has only 105 calories and no fat compared to butter or canola oil? Well, when baking you can use the applesauce for up to 1/2 of the amount of butter or oil to save calories and fat. Cool, huh? The luteolin in the leaves of artichokes may help new cholesterol from forming in your liver. Stomach upset? Try chopping a one inch piece of ginger and boil for 10 minutes to make a soothing tea. You'll learn many new tips and tricks that can help your mind, body and soul. I have no reservations in referring this book whether you are a senior or not. The waist is a terrible thing to mind.

excellent book for retired people to read and have the time to cook,shop at farm markets and relax without fast food being the major contributor to their diet.

Have not received it yet but the description seemed quite good.And the product is designed to fill my needs as there are a lot of squirrels in my yard area.I trust fully as I have never been disappointed when dealing with .Patricia

[Download to continue reading...](#)

Super Foods for Seniors (Reverse the Effects of Aging, Rejuvenate Your Veins and Arteries, Keep Your Brain Sharp for Your Golden Years) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) The Chelation Answer: How to Prevent Hardening of the Arteries & Rejuvenate Your Cardiovascular System. RUNNING FOR SENIORS:: Keep Fit, Improve Heart Health and Slow Down The Effects of Aging Efficiently (Body Fitness Book 1) Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day Anti Aging Secret of the Animals - Learn the Simple Somatic Movements That Can Cure Back Pain, Restore Your Flexibility and Rejuvenate Your Body to Its

Natural, Youthful State Today! CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Whole Food: The 30 Day Whole Food Challenge Æœ Whole Foods Diet Æœ Whole Foods Cookbook Æœ Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Chelation therapy: How to prevent or reverse hardening of the arteries Chelation Therapy. Inscribed By the Author. How to Prevent Or Reverse Hardening of the Arteries Blood Pressure Solutions:Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet,low salt, healthy eating) Brain Rules for Aging Well: 10 Principles for Staying Vital, Happy, and Sharp Blood-Brain Barrier in Drug Discovery: Optimizing Brain Exposure of CNS Drugs and Minimizing Brain Side Effects for Peripheral Drugs 25 Razor-Sharp Blues and Boogie Guitar Solos (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series) 101 Razor-Sharp Blues Guitar Rhythm Patterns in the Electric Urban / Chicago Style (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series) 101 Razor-Sharp Blues Guitar Turnarounds book and CD (Red Dog Music Books Razor-Sharp Blues Guitar Series) 101 Razor-Sharp Blues Guitar Fill-In Licks (Book and CD) (Red Dog Music Books Razor-Sharp Blues Guitar Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)