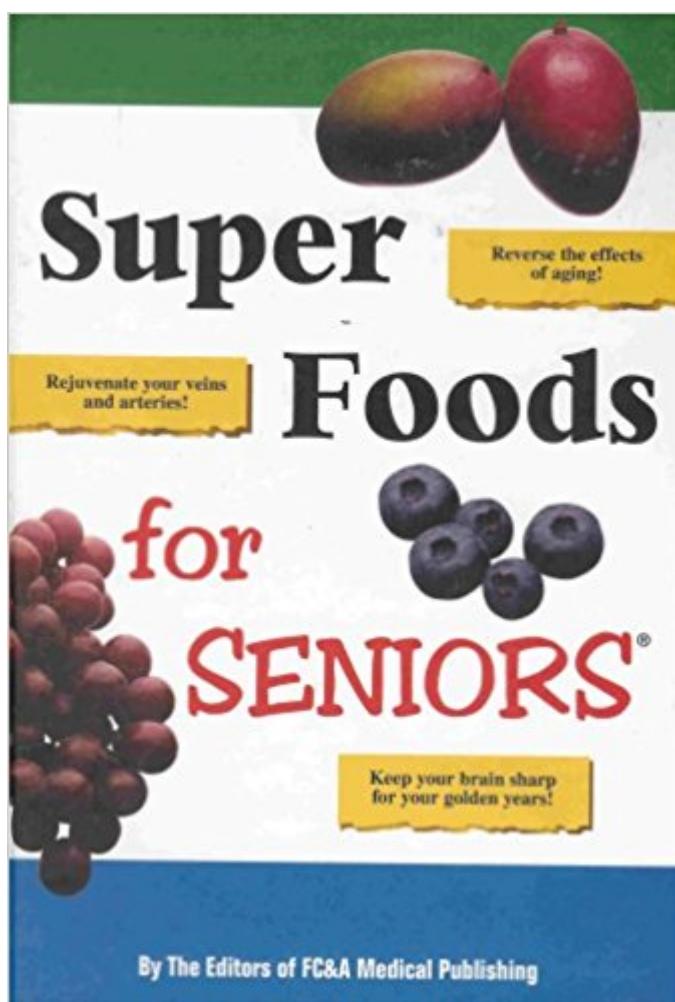


The book was found

# 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  
ÃƒÂ¢Ã Â• 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

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