



## The Age Beautifully Cookbook: Easy and Exotic Longevity Secrets from Around the World (Hardback)

By Olwen M. Grace

Skyhorse Publishing, United States, 2016. Hardback. Book Condition: New. 267 x 216 mm. Language: English . Brand New Book. Eating well doesn't mean sacrificing the foods you love or satisfying, great-tasting meals. FoodTrients, originated by Grace O, is a unique program supported by current research that positions food as an anti-aging strategy for achieving sustainable health. A FoodTrient is her name for the natural anti-aging properties of food. The follow-up to The Age GRACEfully Cookbook, The Age Beautifully Cookbook provides readers with one hundred-plus recipes that promote health and well-being for a joyful and sustainable life. The recipes are built on the foundations of modern scientific research and ancient knowledge of medicinal herbs and natural ingredients from cultures all around the world. There are many books about superfoods and supplements, but few provide at-a-glance guides in each recipe detailing key ingredients and how they increase health and longevity. Grace O's cookbook focuses on eight categories of FoodTrients that are essential to healthful living: Antioxidant: Prevents and repairs oxidative damage to cells caused by free radicals. Anti-Inflammatory: Reduces the inflammation process in cells, tissues, and blood vessels, helping to slow aging and lower the risk of long-term disease. Disease...



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