



## The A.G.E. Food Guide: A Quick Reference to Foods and the Ages They Contain (Paperback)

By Helen Vlassara, Sandra Woodruff

Square One Publishers, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. All foods contain AGEs--advanced glycation end products--which are naturally occurring toxins. Numerous studies have shown that a buildup of AGEs accelerates the body's aging process. Over time, by increasing oxidation and free radicals, hardening tissue, and creating chronic inflammation, AGEs lead to a host of chronic diseases. By knowing how to lower your AGE consumption, you can lead a longer, healthier life. Here is an easy-to-use guide to understanding AGEs and identifying those foods that have the least AGEs and those that have the most so that you can make smart dietary decisions.



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