

# THE EDIBLE

## FOUNTAIN OF YOUTH

Eat the way **YOU** want to look



**SUSAN M. POORE**

RD, CNC, CHC, CHP Healthy Aging Expert



Susan M Poore

## The Edible Fountain of Youth: The Most Influential Healthy Aging Nutrition Guide for Gen X, Gen Y & Baby Boomers!



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Nearly 60 and LOVING IT! Prevention may be the important to YOUR unbelievably healthful future! After reading this book, I guarantee that you will want to take your health to the next level! Whether you are 30 or 70, you'll be inspired to actually live life with good purpose, excellent diet and decreased tension. Do you want to look and feel more youthful, healthier and more lively than your calendar years? By feeding the body quality nutrients and delicious meals, you will improve the body from the within out. Start today. The suggestions I share throughout my book has been given to a large number of my patients over the past many years, inspiring them to generate their healthiest lives ever. I understand the struggles that folks go through wanting to reach their "optimal wellness." Most of us have the information but understanding "why" we have to be carrying out something is so essential. lotions and potions, nevertheless, what you put into your engine on a daily basis is what creates the end results. "The Edible Fountain of Youth" is the MOST INFLUENTIAL healthful aging nutrition guideline for Gen X, Gen Y & SENIORS! You can buy all the expensive anti-aging creams; Healthy Aging Rocks!



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Amazing and informative!!! Susan isn't only a friend but a mentor. Shauna Paylor, MD So Motivating This has been an unbelievable read, so motivating, it creates a person wish to have this book sooner! I have been waiting to get this publication because I know how incredibly healthful Susan Poore can be! It has given me too much to think about & She has a wealth of knowledge in medical area, and offers it all to us in this book. Awesome lady and awesome book! I am following her suggestions as we speak. I am a family group physician and you will be recommending this book to my sufferers. It is very motivating and encouraging. A great read This book was an excellent read for me, it had a whole lot of information that I knew & Wonderful book!! Her expertise comes thru noisy and clear in this book. I'm looking towards her next publication which is her cook reserve that will go well with what I have just learned! Susan is certainly a walking exemplary case of healthful living, and she actually is passionate about helping others make smarter lifestyle choices as well! It gives you ways to start being healthful immediately with super easy methods to do it! Definitely recommend it...it will change how you appearance at what you eat! PHENOMINAL! If you want to exist to your highest measure that is a must examine for you! She's an incredible lady & Wow, this publication is amazing and full of wonderful methods to improve your health! I am a nutrition coach and intend to recommend this reserve to my clients. That is a Have to read for everyone!! and she is passionate about helping others make smarter lifestyle choices as well Therefore excited to have this book at hand! Thumbs up! a whole lot that I did so not know. I highly recommend this book I highly recommend this book! hopefully becoming healthier. I would suggest this publication to anyone who's trying to become healthier. ... many years both professionally and as a pal and like and respect her I have known Susan for many years both professionally and as a friend and love and respect her.. This book has become invaluable if you ask me as I learn to eat healthier and easier. Highly Recommend". I wish her good luck in every her ventures. It really is full of dependable information about nutrition predicated on good science. Easy-Enjoyable- Informative Reading- It REACHES The Point. Can't await the next book!! Five Stars Well written covering a host of topics.. Not at all a "diet" reserve but lessons for a total lifestyle of change. Great nutritional guide for a far more healthful life. She is uplifting and provides sincere advice that's easily followed... "So Informative- Life Changing- It's Basic Understanding With Pure Honesty- It Just Doesn't Get Any Better Than This Book". It is a classic testament to her own healthy lifestyle. inspiration to change my ways of consuming & I especially love the actual fact that she comes after her very own advice in this publication. Thanks Susan! her book, The Edible Fountain of Youth, is even more AMAZING! Thank you Susan for giving people the opportunity to be a "Jason"! It is very informative but simple and easy to understand. Love, love, like her practical guidance anyone can follow and connect with their own lives. Five Stars Excellent book, lots of good advice.. Best wants for you always Many thanks Susie for your wealth of information!! Best desires for you always!



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