

INCLUDES 175 RECIPES, ALL WITH 7 INGREDIENTS OR LESS

# The ULTIMATE AGE- DEFYING PLAN



The  
Plant-Based  
Way to Stay  
Mentally Sharp  
& Physically  
Fit

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Mark Reinfeld

# The Ultimate Age-Defying Plan: The Plant-Based Way to Stay Mentally Sharp and Physically Fit



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Discover the keys to an extended life and optimal health at any age in this practical wellness guideline and cookbook--with simple 7-ingredient recipes. Compiled by vegan chef Tag Reinfeld and naturopathic doctor Ashley Boudet, with expert oversight from physician and writer Michael Klaper, MD, each chapter in The Ultimate Age-Defying Plan describes one aspect of the individual body--including mental sharpness and neurological wellness, cardiovascular health, bone health, eye and vision, digestive health, and security against major diseases such as diabetes, heart disease, and certain forms of cancer. They explore the nutrients, meals, and self-care practices necessary for healing and aiding this section of the personal, including a listing of recipes specifically targeted toward that area. Experts in meals and medicine have already been seeking to a plant-based diet as the most holistic, effective, and common path to health, particularly when it comes to aging. This guide provides a extensive roadmap to staying essential and living a long life -- using plant-centered cuisine and basic daily self-treatment rituals that boost health and support healthful functioning in the body. Chef Mark's easy-to-prepare recipes are seven ingredients or less, allowing readers to proceed vegan without stress.



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