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BASED ON THE REMARKABLE DISCOVERY MADE BY  
MEDICAL RESEARCHERS AT ROCKEFELLER UNIVERSITY  
THAT WILL ABSOLUTELY CHANGE ALL DIETS FOREVER

# **DR. VLASSARA'S** **AGE** **LESS** **DIET**

HOW CHEMICALS IN THE FOODS WE EAT  
PROMOTE DISEASE, OBESITY, AND AGING  
AND THE STEPS WE CAN TAKE TO STOP IT

**HELEN VLASSARA, MD**  
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Helen Vlassara MD and

**Dr. Vlassara's AGE-Less Diet: How a Chemical in the Foods We Eat  
Promotes Disease, Obesity, and Aging and the Steps We Can Take to Stop  
It**



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Imagine naturally occurring toxins that are in charge of chronic disease and accelerated aging. Vlassara and Dr. Part Among Dr. Vlassara's AGE-Less Diet will show you in making a genuine difference in your daily life. Now, renowned researchers Dr. When attempting to discover why patients with diabetes are inclined to complications such as cardiovascular disease, Dr. Gary Striker, and best-selling author Sandra Woodruff have created a full guide to understanding AGEs and avoiding their harmful effects through the careful collection of foods and cooking food techniques. Helen Vlassara and her analysis team focused on substances called advanced glycation end items, or AGEs, which enter the body through the diet. Vlassara's AGE-Less Diet plan clearly explains what Age groups are, how they enter the body, and how they donate to the development of chronic disease, including diabetes, coronary disease, kidney disease, dementia, weight problems, and more. By cutting your AGE amounts, you can reduce the potential of developing any number of serious disorders and enjoy greater health. Component Two offers over a hundred taste-tempting AGE-less quality recipes that show you precisely how easy?and delicious?it is to check out an AGE-less diet. Most important, you'll learn how you can reduce AGEs and improve your wellbeing by making simple changes in the way you eat. Dr. For years, these amazing studies remained virtually unfamiliar to the public.



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How come this research not better known? Very essential and interesting research - why doesn't everyone find out about it? Highly recommended. It's not a big deal, don't feel deprived. Four Stars Good information Get this book! Advice for a longer life. The publication doesn't give case studies, reliable tests are apparently not available. I figure the changes can't hurt, however, many research proof would provide more motivation. Best book on taking in/diets I've seen in a long time. For instance, in comparing meat resources, there is no reference to lamb. Copies for my friends to allow them to add twenty years and observe their grandchildren. I'll place a reminder on my calendar another in six months, share my knowledge. The emphasis is certainly on cooking methods, not specific foods, and there is enough information on that topic for most readers. Probably I'm being too vital? Interesting read. Very interesting read if you are interested in your health. However, there are considerable gaps in the info. Also, the lists of foods are inadequate. I'm incorporating the suggested dietary changes, switching up my cooking food solutions to produce fewer AGES in the food I eat. Most importantly, can transform create healing, or is the damage from AGEs permanent? Excellent ! Best assistance in a number of years. Also missing can be Canola oil.



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