



The Most Effective Ways to Live Longer Cookbook: The Surprising, Unbiased Truth about Great-Tasting Food that Prevents Disease and Gives You Optimal Health and Longevity

Jonny Bowden, Jeannette Bessinger

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Eat, drink, and be healthy at any age with these delicious recipes!

Fight **oxidative damage** caused by free radicals, which wears you down from the inside out. Stop the silent killer of **inflammation**. Reduce the damage caused by sugar molecules, known as **glycation**. Relieve mental, physical, and emotional **stress**.

Acclaimed nutritionist Jonny Bowden, Ph.D., C.N.S., and chef Jeannette Bessinger, C.H.H.C., have crafted more than 140 flavorful, mouth-watering recipes loaded with antioxidants, anti-inflammatory properties, vitamins, minerals, and other key nutritional components that fight the effects of aging, prevent disease, and help you feel your best every day. Specific recipes protect your heart, brain, bones, liver, and immune system, helping each of these vital organs do its job and adding years to your life.

These scrumptious recipes feature foods eaten regularly by the longest lived societies on our planet—real food, not manufactured food “products.” Try Heart-Healthy Mega Omega Fettuccine Alfredo, Immune Boon Kung Pao Chicken Soup, Hike 'n' Bike Trail Mix, Antioxidant Almond Nog, and Chocolate–Vitamin C Fruit Salad. Using delicious ingredients and smart, healthy cooking methods, Chef Jeannette transforms everyday food—and some comfort foods—into delicious dishes!

As Dr. Jonny says, the foods in this book “will fuel your body like high-octane gas in a Ferrari, allowing you to perform your best, live life to the fullest, and have boundless energy for decades and decades.”

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Ladonna Warren:

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Mary Christensen:

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