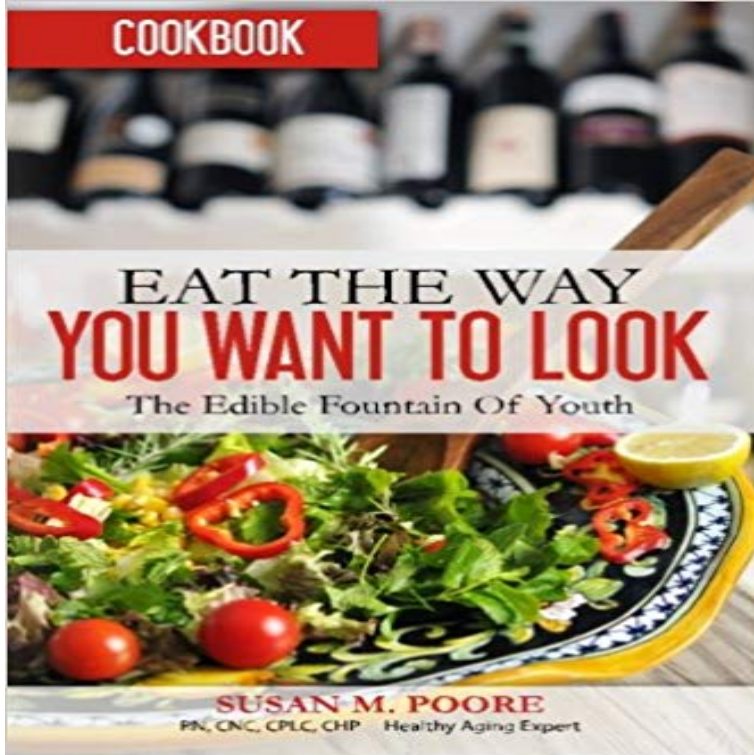


# Eat The Way YOU Want to Look Cookbook: Recipes That Promote Optimal Health and Longevity: The Edible Fountain Of Youth



This is a great cookbook for someone who wants to create quick healthy meals that are not only good for the heart but for the prevention of disease. Consuming foods that are vibrant and nutrient dense to Eating The Way YOU Want To Look is what we should all strive for. Susans book The Edible Fountain of Youth promotes healthy aging. Our diets can make such a huge impact on our overall health. This cookbook is Susans next step in teaching her patients how to, very simply, create high nutrient meals. Her recipes are easy to prepare and do not take much time to put together. It shouldnt take hours to create a healthy dish!

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