



# **Eat to Get Younger: Tackling inflammation and other ageing processes for a longer, healthier life**

*Christine Bailey, Lorraine Nicolle*

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## **Eat to Get Younger: Tackling inflammation and other ageing processes for a longer, healthier life**

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You can't escape the ageing process but you can slow it down. By helping you to identify and address the problem areas that are accelerating your rate of ageing, this book reveals how to become more energised, sleep better, get leaner, avoid or delay age-related degenerative conditions typical in your family, and generally look and feel healthier in your 30s, 40s, 50s, 60s and beyond.

Written by award-winning nutritionists, the book shows you how to manipulate your diet, supplements and lifestyle to strengthen the very body systems that are essential to extending your healthy years - systems such as inflammation, detoxification, carbohydrate metabolism and the stress response. It includes action plans for specific areas of interest, to help you focus on your own individual goal, whether this is reducing pain, improving your bones and joints, easing the menopause, losing weight, revitalising your skin, or reducing the chronic internal inflammation that is the precursor to most age-related diseases.

With over 100 recipes, plus meal plans, lifestyle suggestions and questionnaires for self-assessment, the authors guide you through their easy-to-follow programmes that will help you feel and look rejuvenated, revitalized and youthful.

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