



Eat to Cheat Ageing: New Edition (Paperback)

By Ngaire Hobbins

Ngaire Hobbins Publishing, Australia, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Dietitian, Ngaire Hobbins has seen too many older people struggle with cognitive decline, become less physically active and independent and suffer debilitating frailty - particularly after illness or surgery - when something as simple as a change in diet may have helped them continue to lead active and productive lives. Eat to Cheat Ageing is based on the science of nutrition for ageing but written for the everyday reader as well as health professionals. It is not a fad diet. It s about going back to basics: eating and enjoying real food, being active at a level that works for you and being able to live life to the full. Learn how the food is vital in maintaining every one of your body s organs, keeps your blood coursing through your veins and oxygen through your body. Learn how to fight illness and infection, repair bumps and bruises, combat Type 2 Diabetes, and keep your brain adequately fuelled and your mind firing as you d like it to. Learn why dieting to lose weight in older age is one of the...

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