



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

By Jonny Bowden, Jeannette Bessinger

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In The Most Effective Ways to Live Longer Cookbook, author Jonny Bowden, one of America's top nutritionists, reveals the science behind food and longevity, and offers recipes that will lengthen your life and keep you strong, healthy, energetic, and active.

Each and every of the 150 recipes inside have been specifically engineered to combat and reverse the effects of aging, so that you can get the most out of each day and do the things you always dreamed of, every decade of your life. You'll be treated to hundreds of delicious, easy to prepare meals that will:

- Combat oxidative damage caused by free radicals from the environment and your own body, wearing you down from the inside out
- Fight inflammation, the “silent killer” that is a factor in just about every degenerative disease
- Avoid glycation, a process that is implicated in many of the diseases of aging
- Reduce stress, which can cause more damage to your overall well being than you think
- Prevent damage to the organs that are most vulnerable to aging such as the brain, heart, and bones are also included.

With The Most Effective Ways to Live Longer Cookbook, the smartest, tastiest program for living a longer, better, healthier life is here!

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Editorial Review

Review

“Lusciously healthy and mouthwatering recipes—all beautifully organized into five key body systems. Another nutritional masterpiece from Dr. Jonny Bowden!” —Deirdre Rawlings, Ph.D., author of *Foods that Help Win the Battle Against Fibromyalgia*

“What a fabulous cookbook! I’m a huge fan of Jonny Bowden’s work, which is light years ahead of the herd—and yet scientifically validated. Out of all the many cookbooks available, this will give you the most luscious taste and nutrient density per bite. This book is practical gourmet nutrition you can trust—practically ready to eat.” —Christiane Northrup, M.D., ob/gyn physician and author of the *New York Times* bestsellers

About the Author

Jonny Bowden, Ph.D., C.N.S., (Woodland Hills, CA) also known as The Nutrition Myth Buster, is a nationally known, board-certified nutritionist and expert on diet and weight loss. He has appeared on the Dr. Oz Show, Fox News, CNN, MSNBC, ABC, NBC, and CBS and has contributed to articles in the *New York Times*, *Forbes*, *the Daily Beast*, *Huffington Post*, *Vanity Fair Online*, *Men’s Heath*, *Prevention*, and dozens of other print and online publications. He is a popular speaker who presents at both academic and consumer events all over the world.

Dr. Jonny is the best-selling author of fifteen books, including *The 150 Healthiest Foods on Earth*, *The Most Effective Natural Cures on Earth*, *The 150 Most Effective Ways to Boost Your Energy*, *The Most Effective Ways to Live Longer*, *The Healthiest Meals on Earth*, *Smart Fat* (with Steven Masley, M.D.), and the controversial best-seller, *The Great Cholesterol Myth: Why Lowering Your Cholesterol Won’t Prevent Heart Disease and the Statin-Free Plan that Will* (with cardiologist Stephen Sinatra, MD).

Jeannette Bessinger, C.H.H.C., is a board-certified, holistic health counselor, award-winning lifestyle and nutrition educator, and owner of Balance for Life, LLC, www.balanceforlifellc.com, which provides lifestyle health and nutrition education to individuals and organizations. A whole foods cook, she is co-author of *The Healthiest Meals on Earth* and a contributing writer for *Clean Eating* magazine. She is a lifestyle health and nutrition consultant to several public and private groups and coalitions working to improve the health of schools and cities in the United States.

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OMEGA-BOOST SALMON AND BEAN SALAD

From Dr. Jonny: Remember the saying “Beans, beans, good for the heart”? Well, it’s true. And it’s even

truer when you combine beans with wild salmon. You get omega-3s from the fish—the best thing in the world for the heart and brain—and a ton of fiber from the beans. What could be bad? And if you’re wondering what mirin is, it’s a kind of rice wine used as an essential condiment in Japanese cuisine. (And it knocks out any fishy smell!) This light, no-cook dish has a nice Asian flair and is great for a summer evening dinner or a quick lunch anytime.

2 romaine hearts or 1 head Boston lettuce
2 teaspoons (10 ml) toasted sesame oil
1 tablespoon (15 ml) raw sesame oil
1 tablespoon (15 ml) mirin
1 tablespoon (15 ml) unseasoned rice vinegar
Juice of 1 lime (about 2 tablespoons [30ml])
1 teaspoon tamari
 $\frac{1}{4}$ teaspoon salt
1 can (7.5 ounces, or 214 g) wild Alaskan salmon (we like Vital Choice), drained
1 can (15 ounces, or 400 g) navy beans, rinsed
and drained
1 cup (100 g) cooked adzuki beans, rinsed and drained if using canned
 $\frac{1}{4}$ cup (25 g) diced scallions, bulbs removed

Wash the lettuce and separate the leaves. Arrange leaves into a bed in a salad bowl.

In a large bowl, whisk together sesame oils, mirin, rice vinegar, lime juice, tamari, and salt. Add salmon and break chunks apart into flakes with a fork. Add beans and scallions. Toss gently to combine well and spoon over lettuce bed.

Yield: 4 servings

Per Serving: 382 Calories; 5g Fat (10.9% calories from fat); 22g Protein; 64g Carbohydrate; 6g Dietary Fiber; 28mg Cholesterol; 821mg Sodium

FROM CHEF JEANNETTE:

Tuna salad is a favorite American lunch dish, but the heavy mayo typically used cancels out some of the longevity benefits of the fish. For a heart-healthy upgrade, try this version with salmon for the increased omega-3s and this lighter, more flavorful seed-oil dressing for a further boost of healthy fats. It makes a great wrap, too.

Users Review

From reader reviews:

Pamela Guarino:

Do you have favorite book? Should you have, what is your favorite's book? Publication is very important thing for us to learn everything in the world. Each e-book has different aim or maybe goal; it means that e-book has different type. Some people experience enjoy to spend their time and energy to read a book. They may be reading whatever they acquire because their hobby is actually reading a book. Consider the person who don't like examining a book? Sometime, man or woman feel need book if they found difficult problem or even exercise. Well, probably you'll have this 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.

April Hall:

This 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 usually are reliable for you who want to be described as a successful person, why. The key reason why of this 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 can be among the great books you must have is giving you more than just simple reading food but feed an individual with information that might be will shock your earlier knowledge. This book is handy, you can bring it almost everywhere and whenever your conditions in the e-book and printed versions. Beside that this 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 forcing you to have an enormous of experience such as rich vocabulary, giving you test of critical thinking that we realize it useful in your day exercise. So , let's have it and revel in reading.

Eric Reynolds:

This book untitled 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 to be one of several books in which best seller in this year, here is because when you read this guide you can get a lot of benefit onto it. You will easily to buy that book in the book retailer or you can order it by means of online. The publisher with this book sells the e-book too. It makes you quickly to read this book, since you can read this book in your Mobile phone. So there is no reason for your requirements to past this publication from your list.

Hayden Wright:

Do you have something that you like such as book? The book lovers usually prefer to select book like comic, brief story and the biggest you are novel. Now, why not trying 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 that give your satisfaction preference will be satisfied through reading this book. Reading routine all over the world can be said as the opportunity for people to know world considerably better then how they react in the direction of the world. It can't be explained constantly that reading habit only for the geeky person but for all of you who wants to possibly be success person. So , for all you who want to start reading as your good habit, you are able to pick 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 become your own personal starter.

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