



# **The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods [120 Recipes for Vitality and Optimal Health]**

*Rebecca Katz, Mat Edelson*

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**A collection of 125 delicious whole-foods recipes showcasing 16 antioxidant-rich power foods, developed by wellness authority Rebecca Katz to combat and prevent chronic diseases such as diabetes, heart disease, high blood pressure, inflammation, arthritis, and other conditions that plague American adults, enabling readers to live longer, healthier lives.**

Despite our anti-aging obsession and numerous medical advances, life spans are actually shortening because of poor lifestyle decisions. But it doesn't have to be so. Food-as-medicine pioneer Rebecca Katz harnesses the power of 16 age-busting superfoods and the latest scientific research on epicurean genetics in these recipes that prevent and address life-threatening chronic conditions. She focuses on key body systems and provides a full breakdown of the health-promoting benefits of each main ingredient in the book. With *The Longevity Kitchen*, readers will keep all systems running smoothly well into old age.

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