

# Eat Better, Live Longer Understand What Your Body Needs to Stay Healthy

Brewer, Sarah, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920551132&lokasi=lokal>

---

## Abstrak

Ever wondered what's really going on in your body as you age? Can you really eat to beat cancer or prevent heart disease? These questions and more are answered in *Eat Better, Live Longer*, helping you make achievable, sensible, science-based changes to your diet from day one. Discover the secrets of long life from centenarians around the world, and explore the 10 simple but meaningful adaptations you can make both to what you eat and to how you eat to follow in their footsteps. A four-week eating plan, with over 110 nutrient-packed recipes, helps you learn to make smarter choices about foods that can reduce your risk of certain diseases and lessen the effects of others. Use this new-found knowledge together with details on how each part of your body changes as you age and which nutrients you need to support support all-round health, helping you live a longer, happier life. Future-proof your life with this science-based superfood approach to discovering what is really happening to your body as you are aging.