

The Top 101 Foods That Fight Aging: Review Examining Mike Geary and Catherine Ebeling's Healthy Eating Guide Released

The Top 101 Foods That Fight Aging reviews have been flooding the Internet and HealthAvenger.com reveals the truth about this book that lists foods that can heal one's joints, prevent skin aging and diabetes, supercharge energy levels, and much more.

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Authors of the book, The Top 101 Foods That Fight Aging, Mike Geary and Catherine Ebeling who claim that they have come together to create a 'good eating' manual that truly can fight the effects of aging and make life healthier, longer, and more enjoyable all round, has caught the attention of HealthAvenger.com's Stan Stevenson, prompting an investigative review.

"The Top 101 Foods That Fight Aging not only offers a defense against the aging process, but also a whole host of other advantages, simply by ensuring that your diet is crammed with the foods that are featured in this book," reports Stevenson. "The great thing about this book is that there really is something in there for everybody. You learnt that even so called 'bad' foods, such as chocolate, coffee, butter, and wine can have great effects on the body, including boosting your metabolism, easing joint pain, and combating blood pressure problems, as long as you know the correct amounts and when to eat them."

Some of the things people will discover in The Top 101 Foods That Fight Aging include counteracting the 3 most harmful processes in the body (inflammation, oxidation and glycation) that contribute to faster aging, using 'fatty' foods to protect the skin and make it appear more youthful, discovering the most essential vitamin that will help slow down the acceleration of the aging process, finding out about the nasty additives in many packaged and processed foods at any grocery store, and much more.

"The great thing is that it doesn't matter how old you are, whether you're male or female, fat or thin, fit or unfit, the foods and advice contained in the Top 101 Foods That Fight Aging will benefit each and every person on the planet.," says Stevenson. "There are so many super foods included in the Top 101 Foods That Fight Aging that it really is possible to eat a satisfying and scrummy diet, and still be healthy in the meantime. If you follow the guidelines inside, you'll reap so many other health benefits along the way."

"The Top 101 Foods That Fight Aging not only tells you what you should eat to give your body the best chance at good health, but also why you should eat them. In a nutshell, the Top 101 Foods That Fight Aging does exactly what it says. The book is not only for those who want to lose weight, or want to look as good as they can for as long as they can, but complete health addicts who think that their diet is already pretty sorted will also find some tips and tricks that

they don't already know about included in this book. Apart from looking younger, your energy levels will be so much higher, simply from the fact that you're giving your body the fuel it needs to be able to function at the right level."

Those wishing to purchase The Top 101 Foods That Fight Aging, or for more information, click here: <http://healthavenger.com/go/Top101Foods/>

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