



Dr Mao S Secrets Of Longevity Cookbook

Author :Maoshing Ni / **Category :**Cooking / **Total Pages :** 176 pages

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Summary : Free dr mao s secrets of longevity cookbook pdf download - known as doctor to the stars mao shing ni m d extends the thoughts presented inside his international best-seller secrets of longevity and translates those ideas into kitchen-friendly palate-pleasing recipes that promise to improve health happiness and longevity bite-sized tips are offered alongside easily prepared flavorful recipes that describe the health benefits of each dish with a focus on using fresh foods that have specific health benefits and longevity properties dr mao highlights signature ingredients specific to each dish and provides an overview discussing the food s particular health benefits recipes such as dr mao s honey-glazed masala chicken with apricots to dr mao s immune boost borscht with porcini mushrooms or spicy tri-color pepper beef with himalayan gojiberry and dr mao s signature anti-aging brain mix and brain tonic are presented alongside beautiful four-color photographs and easy-to-follow directions in addition a simple list of life-extending foods is also included along with a list of in-season bounty and a handy health glossary created especially for this book by dr mao with such bragging rights it s easy to consider dr mao s secrets of longevity cookbook the ultimate cooking companion and a flavorful resource for living a longer healthier and more enjoyable life i love the book dr mao s words confirmed a lot of what i have already known about food but he made the connection clear on longevity and better living as an older person it actually changed the way i look at food pamela silvestri food editor staten island advance

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