

Dr. Mao's Secrets Of Longevity Cookbook: Eating For Health, Happiness, And Long Life - Maoshing Ni

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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 foods particular health benefits. Recipes such as Dr. Maos Honey-Glazed Masala Chicken with Apricots to Dr. Maos Immune Boost Borscht with Porcini Mushrooms, or Spicy Tri-color Pepper Beef with Himalayan Gojiberry, and Dr. Maos 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, its easy to consider Dr. Maos Secrets of Longevity Cookbook the ultimate cooking companion and a flavorful resource for living a longer, healthier, and more enjoyable life. Author: Ni, Maoshing Publisher: Andrews McMeel Publishing, LLC Illustration: N Language: ENG Title: Dr. Mao's Secrets of Longevity Cookbook: Eating for Health, Happiness, and Long Life Pages: 00192 (Encrypted EPUB) On Sale: 2013-01-01 SKU-13/ISBN: 9781449427610 Category: Cooking : Health & Healing - General

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