



Eat Right, Live Longer: Using the Natural Power of Foods to Age-Proof Your Body

Neal Barnard

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Eat Right, Live Longer: Using the Natural Power of Foods to Age-Proof Your Body Neal Barnard

Now in paperback, after selling more than 35,000 copies in hardcover, Eat Right, Live Longer is an 8-step program that shows readers how to use specific vegetarian food choices to prevent disease, while promoting longevity and a lifelong feeling of vitality. Includes recipes and menus by Jennifer Raymond.

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