



The Edible Fountain Of Youth: The Most Influential Healthy Aging Nutrition Guide for Gen X, Gen Y & Baby Boomers!

Susan M Poore

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Almost 60 and LOVING IT! “The Edible Fountain of Youth” is the MOST INFLUENTIAL healthy aging nutrition guide for Gen X, Gen Y & Baby Boomers! Whether you are 30 or 70, you will be inspired to really live your life with good intention, excellent nutrition and decreased stress. After reading this book, I guarantee that you will want to take your health to the next level! Do you want to look and feel younger, healthier and more vibrant than your calendar years? By feeding your body quality nutrients and delicious food, you will improve your body from the inside out. You can buy all the expensive anti-aging creams; lotions and potions, however, what you put into your engine on a daily basis is what creates the end results. I understand the struggles that people go through attempting to reach their “optimal health.” We all have the information but understanding “why” we should be doing something is so important. The suggestions I share throughout my book has been given to thousands of my patients over the past several years, inspiring them to create their healthiest lives ever. Prevention is the key to YOUR unbelievably healthy future! Start today. Healthy Aging Rocks!

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