

Eat Your Age

author: Ian K. Smith

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Synopsis

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From #1 *New York Times* bestselling author Dr. Ian K. Smith, learn how to defy the effects of aging by implementing simple changes at every decade. Whether we like it or not, lots of things change as we age: our joints start to creak, our muscles weaken, and we lose coordination. Our bodies simply don't look or perform the same each decade of life, and our risks for various diseases and medical conditions also increase as the years do. Getting old may be inevitable, but feeling old is not: we can age well and maximize each decade of life if we do the right things at the right time.

In *Eat Your Age*, acclaimed doctor and bestselling author Ian K. Smith shows readers the steps they need to take in their 30s, 40s, 50s, and beyond to increase longevity and stave off future illnesses and ailments. By eating the right foods, keeping tabs on the right numbers, moving the right way, and sleeping better, we can slow the hands on the proverbial clock. Since food is medicine, this book will teach you what to eat at every age to prevent life-threatening diseases. For example:

- 30s**—vitamin B6 (milk, ricotta cheese, tuna, eggs, sweet potato, bananas), magnesium (dark leafy greens, black beans, lentils, pumpkin seeds), Brussel sprouts, cauliflower
- 40s**—probiotic, plant-based milk, avocado, spinach, chickpeas
- 50s**—bromelain (pineapple, papaya, kiwifruit, asparagus, yogurt, sauerkraut), turmeric, berries, tomatoes, squash, carrots
- 60s+**—Omega-3 (fatty fish like salmon and mackerel as well as chia, flaxseed, edamame), vitamin B12 (clams, beef, fortified cereal, tuna, milk and dairy products, fortified nondairy products), probiotic, high fiber foods (pinto beans, acorn squash, collard greens, guava, strawberries, broccoli)

With specific lifestyle and diet advice including fitness tests for each decade of life, this book proves that it's never too late to start battling the aging process. With Dr. Smith's sage plan, readers have the opportunity

to function their best and find greater joy in life at any age.</p><p>Supplemental enhancement PDF accompanies the audiobook.</p>

Reader's comments

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