



# **The Bonus Years Diet: 7 Miracle Foods That Can Add Years to Your Life**

*Ralph Felder, Carol Colman, Oscar H. Franco*

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*The Bonus Years Diet* reveals a science-based nutritional prescription that incorporates seven essential "bonus" foods, proven to increase lifespan-as it decreases the waistline.

Featuring physician and master-trained chef Ralph Felder's "protocol" of delicious foods such as chocolate, wine, and nuts, this book offers thirty days of meal plans and more than 125 recipes to create a wide variety of life- prolonging meals.

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### **From reader reviews:**

#### **Brad Bennett:**

A lot of people always spent their free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity this is look different you can read a new book. It is really fun for you personally. If you enjoy the book that you read you can spent the entire day to reading a guide. The book The Bonus Years Diet: 7 Miracle Foods That Can Add Years to Your Life it is extremely good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not to cover but this book features high quality.

#### **Patrick Cartwright:**

Playing with family in a very park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, subsequently why you don't try thing that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Bonus Years Diet: 7 Miracle Foods That Can Add Years to Your Life, you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't get it, oh come on its named reading friends.

#### **Debbie Allen:**

Your reading 6th sense will not betray a person, why because this The Bonus Years Diet: 7 Miracle Foods That Can Add Years to Your Life reserve written by well-known writer whose to say well how to make book which can be understand by anyone who have read the book. Written inside good manner for you, dripping every ideas and composing skill only for eliminate your own hunger then you still uncertainty The Bonus Years Diet: 7 Miracle Foods That Can Add Years to Your Life as good book not simply by the cover but also by the content. This is one guide that can break don't evaluate book by its include, so do you still needing another sixth sense to pick this specific!? Oh come on your reading sixth sense already said so why you have to listening to a different sixth sense.

#### **Charles Myers:**

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