



BONUS

**The Top Most Important
Anti-Ageing Foods**

Published by TurnBackYourTime.com

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The Top Most Important Ant-Ageing Foods

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Published By TurnBackYourTime.com
Author Douglas Barker

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Now Even You Can Live in Perfect Health to a Ripe Old Age!

This publication is normally included as a free bonus that comes with the ground breaking e-book “**How to Avoid Hospitals & Old Age Care Homes As You Get Older**” (described in more detail further below).

Whilst the e-book “**How to Avoid Hospitals & Old Age Care Homes As You Get Older**” is far more wide ranging and complete, setting everything in context, this free bonus is just a small sampling of the complete subject and contains a list of some of the more important foods you should focus on.

There is a wealth of additional information, riveting advice, and context setting, in the main e-book above, which can be ordered further below.

The following foods are commonly available at your local supermarket. Eat them (even in small quantities), on a daily basis, as they have the power to radically improve your long term health.

You not only feel revitalised right now, but protect yourself over a prolonged period.

Beans

Beans are highly nutritious and contain effective anti-ageing properties. They are also a great alternative source for protein.

This includes Green beans/Green peas, Chick peas, Kidney beans, Soybeans, Dried peas, Black beans, and Lentils.

They lower cholesterol, stabilize blood sugar, relieve hypertension, reduce obesity, fight heart disease, and lessen cancer risk.

They are particularly good for diabetes control as they are low on the glycemic index.

Eat a variety of types.

Acai Berry

The Acai berry comes from the rain forests of Brazil but is becoming widely available in health stores around the world also.

Acai pulp is one of its best forms, although the berry is more often available as a juice.

Packed with antioxidants, amino acids, and very nutritious.

The Acai berry is a fantastic ant-ageing combatant and is also great for muscle regeneration, cardio vascular health, and a healthy digestive system.

Blueberries

Blueberries are very rich in antioxidants and combat inflammation damage.

They also help to promote youthful and healthy skin. And they lower the risk of heart disease. They are effective against diabetes and protect your heart muscle.

If you can, try to eat 1 to 2 cups a day. But, if you can't, eat what you can (but certainly include some every day).

Cranberries, raspberries, strawberries, cherries, currants, and purple grapes, make good substitutes.

Broccoli

Broccoli improves your immune system, reduces the likelihood of cataracts, and fights heart disease.

Eat every day.

Brussel sprouts, cabbage, cauliflower, and kale, all make good substitutes.

Oats

Oats are high in fibre, lower cholesterol, and reduce the risks of diabetes, and heart disease. Eat every day.

Wheat germ, brown rice, barley, buckwheat, rye, millet, and quinoa, make good substitutes.

All make fantastic additions to your morning cereal.

Oranges

It is so, so, easy. Why on earth would you buy supermarket juice?

Cut two whole oranges in half and zap the four pieces onto an orange juicer. Done!

None of this sugary, processed, preserved, supermarket stuff. Just the real deal!

And, all it takes is 20 seconds each morning!

Consumed daily, oranges are great for support (and great if you've just given up smoking). They also help to prevent stroke, diabetes, and cancer.

Lemons, limes, grapefruit, kumquats, and tangerines, are great substitutes.

Kiwi

Kiwi's are packed with nutrients and protect your body over the long term.

They are rich in antioxidants, particularly Vitamin C, Vitamin E, and many other nutrients which, collectively, good at reducing blood clots. Blood clots lead to heart attacks and brain haemorrhages.

Vitamin C is great for the immune system and has been associated with the prevention of many conditions including asthma, atherosclerosis, osteoarthritis, and cancer.

An intake of foods high in Vitamin C has been proven beneficial in reducing death from all types of cancer, stroke, and heart disease.

Have at least one a day, if you can.

Apples

Rich in antioxidants, Vitamin C, and fibre (make sure you also eat the skin).

Eat one a day. And eat a different colour/type each day.

Apples help the heart, help to prevent lung cancer, and help prevent type 2 Diabetes.

Pumpkin

Pumpkin enhances youthful and healthy looks in addition to decreasing the risk of a number of cancers. Eat every day.

Carrots, sweet potatoes, butternut squash, and orange bell peppers, make a good substitute.

Soya

Soya helps to reduce menopausal and menstrual issues and also helps to prevent osteoporosis, heart disease, and cancer.

Add it to your morning cereal. Toast the soya beans and then grind the result. Smells delicious!

Add it, and some oatmeal and other grains (see above), to a standard healthy, shop type, muesli cereal. The crunchy variety, not the powdery versions.

And to top it off, use soya milk. Not cow's milk.

There are now so many different varieties of soya milk in your supermarket that taste really great. Avoid those with sugar. The non-sugar versions taste really good also. You are really spoiled for choice.

And, if you can't find it (or one that is not so sugary) read about the book "How to Avoid Hospitals and Old Age Care Homes" below which goes into much more detail.

Spinach

One of our favourites!

An excellent source of Iron, Vitamin A, Lutein (for eye wellbeing) and Omega 3.

Spinach reduces the risks of age related macular (visionary) degeneration, cataracts, cardio vascular diseases, and many cancers.

Cook it very lightly and eat a good wedge of it every day.

Kale, Romaine lettuce, mustard, and turnip greens are good substitutes.

Black Tea

A good old cup of black tea, every day, helps to prevent osteoporosis, stroke, cardio vascular diseases, cancer, and boosts the immune system generally!

Have at least one cup of black tea every day (in addition to one green tea and one ginger tea).

All are very tasty. And, if you cannot do without milk, use soya milk (believe us it will not take long to get used to). Add honey (as dark as possible) to sweeten if sweetening is absolutely necessary. Don't use artificial sweeteners.

Green Tea

While all tea contains protective antioxidants, green tea gives you the biggest wallop per sip. It can also increase your endurance by almost 25%.

This encourages you to exercise harder which, in turn, makes you feel even better.

They say that if you drink five cups of green tea a day you will lose weight around your middle. That's because it contains a metabolism booster known as EGCG.

Like normal black tea above it is also a combatant against osteoporosis, stroke, cardio vascular diseases, cancer, prevents damage to heart muscles, and boosts the immune system generally.

It also helps improve bone density.

Fennel Tea

Fennel tea is rich in potassium, calcium, magnesium, Vitamin B and Vitamin C.

It's also a good appetite suppressant. And it helps to boost your metabolism, which ensures more calories are burned each day.

Tomatoes

Tomatoes enhance your sun protection factor, reduce risk of cancer, and help to prevent cataracts and age related macular (visionary) degeneration.

Eat one a day.

Watermelon and pink grapefruit do a similar job.

Avocado

Avocados are a nutrient dense food giving the eater a very high nutrient boost per mouthful.

They also help enable other foods to be absorbed by the body better.

High in fibre, potassium, Vitamin E, and magnesium, they are effective in lowering cholesterol. And they also fight prostate cancer.

Have half an avocado a day.

Celery

Packed with fibre which is essential for good digestion.

In addition, celery promotes the production of new cells within your body. This is essential to keep many common lifestyle diseases at bay.

Turkey

Turkey is a fantastic low fat protein that helps to build a strong immune system.

Add it to your diet at least twice a week.

Skinless chicken breast is a good substitute

Salmon (as wild as possible)

Wild salmon lowers the risk of heart disease and cancer.

Eat at least twice a week.

Tuna, sardines, trout, herring, halibut, sea bass, and clams, do a similar job.

Canned Salmon

King, sockeye, and Coho salmon have more DHA, plus EPA omega-3 fatty acids, than almost any other seafood.

They are also low in mercury.

Wild-caught Alaskan canned salmon is as good as fresh and it costs a fraction of the price.

Sardines

Wild-caught sardines are low in mercury (unlike some types of tuna).

They are also high in Vitamin D. A three ounce serving has as much calcium as a cup of milk. Try to avoid cow's milk as much as you can.

Walnuts

Walnuts contain omega-3 fatty acids which lower LDL (bad) cholesterol and can reduce inflammation in arteries.

They also reduce the risk of diabetes, heart disease, and cancer.

Walnuts are a great source of antioxidants, Vitamin E, selenium, and magnesium.

Have a small handful every day.

Almonds, peanuts, pistachios, cashews, hazelnuts, pumpkin and sunflower seeds also do a great job.

If you are worried about weight control have just two a day, along with the nuts mentioned below.

Nuts and seeds generally

At least once a day, have a handful of unsalted mixed nuts and seeds. Select, and mix them yourself.

Crushed (not too fine) and placed on top of your cereal, or in your daily yoghurt, is a great place to eat them. Or just as a daily mid-morning snack.

This practice can dramatically reduce diabetes, heart disease, and cancer.

They also fight wrinkles and help to maintain youthful skin.

Don't forget to include some seeds.

Yoghurt (as low fat as possible)

Yoghurt is great for a healthy heart and strong bones. It's also a good source of protein and calcium.

Unlike milk real yogurt contains Probiotics, the good bacteria your digestive system needs to process everything else you eat. Lactobacillus casei boosts immune response.

Eat at least once a day.

And, if you can't find one healthy enough see the main e-book below which contains links for making your own healthy version.

Honey (as dark as possible)

Honey contains Oligosaccharides which increases the amount of "good" bacteria in the colon (great against colon diseases and ultimately cancer).

It reduces toxic levels in the intestine, helps to lower blood pressure and cholesterol, and limits the incidence of constipation.

Honey is also rich in antioxidants, which combats the effects of ageing.

The darker the honey, the higher the level of antioxidants which protect your body.

Honey also helps to maintain optimal blood sugar levels.

(By the way, never ever give honey to an infant less than one year old. It can increase the incidence of Botulism).

Have a small teaspoon of dark honey in your tea once a day.

Cinnamon

Cinnamon is very effective on blood glucose levels, cholesterol levels, and against Type 2 diabetes.

Turmeric has similar powers.

Cinnamon is also a good anti-bacterial especially for Candida (yeast that forms on awkward parts of your body).

With a calming effect on insulin levels, it removes the spikes throughout the day, making you feel less hungry.

Take a level teaspoon of cinnamon powder a day, sprinkled onto your yoghurt.

Dark Chocolate

Dark chocolate (and only dark chocolate) is high in antioxidant properties.

It helps to lower blood pressure whilst increasing blood flow, which is good for your heart.

Its blood thinning properties help improve blood flow and reduce the incidence of blood clots (which cause heart attacks and brain haemorrhages).

It also improves memory, helps coughs, and keeps your skin smooth and hydrated.

One square of chocolate a day is more than sufficient.

Natural cocoa powder is also high in antioxidant properties.

So a cup each night (with soya milk rather than cow's milk) will not only help you sleep, it will also protect your body!

Dried Super fruits

Apricots, figs, dates, prunes, blueberries, cherries, and cranberries are all excellent.

These fruits are packed with nutrients which enable you to maintain good health over time.

And, being dried, the nutrients are trapped giving a higher concentration of nutrients when measured by volume.

Eat a small handful of mixed dried fruits each day. They give a real power punch to your health.

Olive Oil

“Extra Virgin” Olive Oil, taken on a regular basis, can lower your blood pressure, improve your cardio vascular wellbeing, and reduce your risk of breast and colon cancer.

Incidentally, if you insist on frying food, use olive oil. But for frying, use the standard oil (i.e. not “extra virgin”). They are better, and also cheaper, for this purpose.

If you don't have a place to put it (e.g. onto a salad) then have a soup spoon, neat, each day (the extra virgin variety).

Garlic

Garlic is a major health promoter.

It has anti-inflammatory as well as antiviral properties and is also effective in reducing cancer risks (in particular stomach cancer) and cardio vascular diseases.

It lowers total cholesterol but raises good cholesterol, it lowers blood pressure, lessens the risk of a hardening of the arteries, and it reduces the risk of blood clots.

It also destroys infection-causing viruses and bacteria, and it produces more "natural killer" cells in the blood to fight tumours and infections.

It helps fight against neurological diseases such as Alzheimer's. It also enhances detoxification by reducing toxins.

Garlic contains, amongst other things, Phosphorus, Potassium, Zinc, Selenium, Vitamin B6, and Vitamin C.

It is also a very effective antibiotic proving very effective in combating the superbug “Staph”, which is a form of MRSA currently prevalent in hospitals (even after other antibiotics had failed).

Take natural if possible (one small clove a day). Or have 300mg of garlic powder (which is not as powerful as the real thing).

One clove a day is very effective against prostate cancer.

Onions

Onions also contain considerable health benefits.

They have considerable cardio vascular properties. They help lower cholesterol and high blood pressure.

When coupled with the other food weapons above they can reduce heart disease by 20%.

In addition, onions help to reduce colon cancer, prevent the growth of tumours, and combat cancer inducing issues.

Onions are also believed to reduce the risk of lung, stomach, brain, and oesophagus cancers.

Because of their anti-inflammatory compounds onions also help to reduce osteoarthritis, rheumatoid arthritis, asthma and respiratory congestion.

Try and eat raw, in small pieces, as part of a meal, if you can. Ideal with any meat, vegetable, or salad item.

If you can't, then let the onion stand for 10 minutes, after cutting, before cooking.

Eat at least one small onion a day.

Grapefruit

Eating half a grapefruit, before each meal, helps to cause your body to consume the calories you have with each meal, converting them to energy.

This means that less of the calories will become body fat.

Grapefruit can also have a significant impact on reducing cholesterol levels and in combating heart disease.

One word of caution - be careful about taking grapefruit alongside prescription drugs. Consult with your doctor in these circumstances.

Pomegranates

Pomegranates are packed full of Potassium, Vitamin C, and Vitamin B6. They are very good for you indeed.

It is believed that pomegranate juice may have two or three times the antioxidant kick as the same volume of red wine or green tea!

They have a significant impact on cardio vascular health, lower cholesterol, and blood pressure.

Have one a day. Or have a glass of (low sugar) pomegranate juice each day instead.

Barley

Fantastic in your cereal. Hulled barley is the best form.

Taken on a regular basis, barley lowers blood pressure, combats cancer (particularly colon cancer), and is a great source of vitamin B which is good for the heart.

It also stabilises blood sugar levels and is a valuable source of vitamin E.

Buckwheat

Although not a grain, it is often treated as if were. Have in your morning cereal.

Low on the glycemic index (great for diabetics) and high in protein.

Unlike rice, it contains no gluten and is a great source of protein for those who suffer a gluten allergy.

Buckwheat has the greatest cholesterol lowering properties of all foods!!

It is a great blood sugar stabilizer and combatant against hypertension.

Barley Grass, Wheatgrass, and Blue-green Algae

Packed full of vital body nutrients.

These foods have a noticeable effect on cholesterol, the combat of cancer, blood pressure, and the immune system.

Available at good health food stores and a great supplement in your morning cereal.

Red Chilli Peppers

Red chilli peppers are rich in Capsaicin (which, amongst other things, is also an appetite suppressant making you want to eat less).

They possess extraordinary anti-inflammatory, pain relief, anti cancer, and healthy heart effects.

Red chillies are also packed full of antioxidants and contain twice the vitamin C of citrus fruits.

Include red chillies in a breakfast omelette which is delicious and gives it bite. They will also help to suppress your appetite when you have other meals during the remainder of the day.

Beets

The pigment betacyanin is just one of several disease-fighting phytonutrients found in this root vegetable.

Beets are also a good source of foliate, which guards against birth defects, colon cancer, and osteoporosis, and are high in fibre and beta-carotene.

Horseradish

Glucosinolate in horseradish fights cancer and kills bacteria.

It's also a good source of calcium, potassium, and vitamin C.

Sweet Potatoes

Sweet potatoes contain phytonutrients that promote heart and eye health and boost immunity.

They are rich in beta-carotene (thought to lower breast cancer risk) and vitamin A (which may help to reduce the effects of smoking).

Cruciferous Vegetables

Cabbages, cauliflower, broccoli are all strong fighters of disease.

Sulforaphane may increase enzymes that lower the incidence of colon and lung cancers

The 'Miracle' Drink

To be perfectly frank, unlike the other foods above, we don't know how well researched the following advice is. So, we cannot vouch for its accuracy!

That said, the ingredients are all good ingredients and there are no additives.

Thoroughly wash one raw carrot, one raw apple, and one raw potato. Do not remove the skins.

Cut each item into small pieces and put them all into a juicer. Drink as soon the juice is made.

Drink one hour before breakfast, and again, one hour before your evening meal, each day.

The publisher claims it prevents cancer cells from developing (as well as restraining the growth of existing cancer cells).

It is also said to prevent liver, kidney, and pancreas diseases and can cure stomach ulcers as well.

It strengthens lungs, prevents heart attacks, and reduces blood pressure.

It strengthens the immune system, is good for your eyesight, also helping to reduce pain.

It detoxifies your body, improves bad breath, assists menstrual pain, helps muscle aches, and assists effective bowel movements.

We would appreciate receiving feedback on this if you try it. You can email your feedback (not only on this, but on any aspect of any of our products) to

Feedback@turnbackyourtime.com

Your comments and thoughts are, in any event, always welcome.

Conclusion

So, there you have it, some really delicious foods with hidden, but very powerful, health secrets all of their own.

We bet you eat many of them rarely (if at all). We've all been watching too many TV adverts!

Refer the main book product below **“How to Avoid Hospitals & Old Age Care Homes As You Get Older”** and you will see how, along with everything else, it’s easy to pack everything in.

This is about tantalising your taste buds not restricting yourself.

Not only do these food tools pay-back, big-time, later in your life, but as a bonus, they make you feel, and look, ten times better right now.

What more could you want? Just a little bit of inventiveness is all that is required.

It’s good. It’s fun. It’s invigorating. And it is extremely healthy!

To get maximum benefit and avoid the destructive effect cooking has, try, wherever possible, to eat as many of these foods in their raw state as possible.

Where you can, juice. It’s a great way to give your body a nutrient wallop. And it can be downed in seconds.

Or just add them to what you eat already. For example on your cereal, with your cooked vegetables, or within your salad.

See the Plan of Action, within the main product **“How to Avoid Hospitals & Old Age Care Homes As You Get Older”** (refer below) which gives you the complete picture and a “how-to” “plan of action” for use on a daily basis.

Enjoy!

[The Complete Picture](#)

Eat Right For Life!

“How to Live in Perfect Health to a Ripe Old Age”

Dear Reader,

The information in the free report above is only a small fraction of the information you need.

It needs to be coupled with a number of other important foods, a handful of supplements (which cannot be obtained from food), some lifestyle advice (nothing rigid or exhausting) and the whole concept needs to be set in context.

Read on...

Despite the advances in modern medicine, establishing the right eating habits, from the earliest age possible, is critical in terms of our long term health. Particularly, if we want a health plan for life!

At ‘best’, good health practices mean feeling great from this day on. At ‘worst’, good health practices mean avoiding serious common lifestyle diseases which result by not taking care of the first part.

Obesity is an epidemic that’s only predicted to get worse. It’s out of control. And that’s just the tip of the iceberg (the bit you can see!).

Let’s face it, with a life exposed to red meat, processed foods, preservatives, fluffy breads and cakes, animal and other fats, it’s no wonder we’re in for some punishment.

More worrying (depending which way you look at it), are the latest statistics which show that, due to advances in modern medicine, we’re all living much longer.

Well, nothing wrong with that at first glance?

But, when you couple this with the more startling statistics that, although we live longer, we now endure more serious debilitating lifestyle diseases, it soon takes the shine off the former revelation.

Live longer to endure longer. Not a nice way to be. And things only get worse as you get older. You've probably heard of many of them before. You will know people who have them.

“Diabetes, high blood pressure, stroke, blood clots, heart disease, angina, lung cancer, pancreatic cancer, bowel cancer, breast cancer, liver cancer, breathing disorders, dementia, pneumonia, osteoporosis, osteoarthritis, arthritis, kidney disease, prostate issues”

In addition we suffer more

“Memory decline, skin decay, impaired movement, loss of coordination, hip problems, back problems, knee problems, joint problems, etc.”

And it's all to do with our former lifestyle!

As they say *“garbage in garbage out”*. Never before has the phrase *“you are what you eat”* been more apt!

This really is really serious stuff.

And this is not about what you need to do in old age. It's about the preparation you make right now!

We've got thousands of people pumping thousands of dollars into their medical plans, and at the same time, pumping in thousands of dollars into their retirement plans.

Well, I suppose if you need to keep funding your medical plan, after you retire, then you will need a decent retirement plan to help you fund it.

But what use is retirement if you're too sick to enjoy it?

And what does a medical plan do? It only pays out when you're actually sick. But, by then, the damage is already done

Think about it very carefully.

Did you know that many of the diseases listed above are termed “silent killers”. They creep up from behind, without revealing any telling symptoms, and only after it's too late do they manifest their presence with a vengeance.

What's more, many are incurable. So, once they arise, they've got you!

On top of that, modern medicine only prolongs the misery (as best it can). It keeps you alive, to suffer longer. What use is that?

Yes, of course we need a basic medical plan to pay for the odd emergency but if it's in preparation for some of the very serious ailments listed above, then we're looking at this whole thing the wrong way round.

The whole philosophy is reactive (i.e. after the event) when it should be proactive (completely avoiding the issue from arising in the first place).

And, even before we end up with anything serious, there's the sluggish existence that goes with an unhealthy approach to life.

Eating all the wrong things makes you feel lousy. Doesn't it? You know when you've been bad. You feel lethargic. You feel bloated. You feel weak. You don't breathe as well (particularly when going upstairs).

Trouble is, it becomes so frequent you find yourself not realising it. It becomes like the normal state to be.

Not much of a life plan is it!?

But the story gets worse. We've also got health chaos. The health junkie (we've all done it). Who's on a health trip. This diet, that diet, the other diet. They all start on 1st January and end 3 months later (if they last as long).

Why are we into diets? Most are not good for us! And few are long term.

We've got people pumping iron down at the gym. Muscles popping up all over the place. What use is it to look like a Michelin man when, later in life, we give up, and our body sags?

We've got people popping this supplement and that vitamin. Largely spontaneously, based on the latest old wives tale, a snippet they caught in a paper or magazine, or a segment they watched on TV.

But are they taking the right ones? And do they cover all possible outcomes? And do they need to take them at all when food (yes, good old food) can give you much of what you need anyway?

More than that, they're probably spending a small fortune. And, is it healthy to be downing 20 - 50 different pills each day?

It's all clutching at straws.

There is no complete, holistic, approach that deals not only with containing our weight, building body strength, and making us feel a better right now, but which at the same time, looks at everything from a biological perspective to ensure what we do is also capable of protecting our bodies from the ravages of ill health later!

We need an approach that is for life! Which is complete, and worthwhile.

You have to look at human biology to understand the cycle of life.

Throughout our lives our body cells replenish themselves by continually dividing. But our bodies cannot keep doing this forever. After middle age, our bodies start doing the opposite and gradually start to decay.

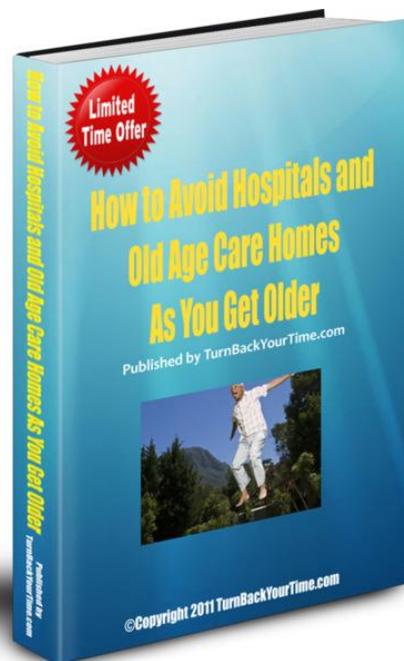
This is in our later life. As a result of this decay our immune system deteriorates and cannot fight off unwanted ailments. Nasty lifestyle diseases take root and the price we need to pay comes back at us with a vengeance! Many of these are very nasty indeed.

And, as we mentioned earlier, as you're later life now lasts much longer (typically 20 to 40 years) so, if you don't take the right preventive measures now, then you're going to be in for a hiding.

And we're not just talking a little lethargy or feeling a little lousy. We're talking some serious illnesses.

A plan for life must make me feel great right now

But it must also protect my body from the ravages of common Lifestyle diseases in the future!



At last! A Plan for Life!

“How to Avoid Hospitals & Old Age Care Homes As You Get Older”

Teaches You Everything You Need to Know to Live in Perfect Health to a Ripe Old Age!

Although the name of the book implies this is a book only for old people, nothing could be further from the truth.

Unlike much health advice out there this book not only gives you an action plan for the present but, if you follow it, also sets you up in solid stead for the future.

You will forgive the subtle message in the title. Not being healthy now means you will not only feel lousy now, but you will pay an even bigger price as you get older.

This book is for everyone, of every age. The advice starts right now! Today!

After all, what is the measure of a good health plan? Feel great now but also stave off ill-health in the future.

After all, what use is good health for part of your life only?

This book is the ultimate health plan!

The power of natural food

You'll be familiar with the phrase “dust to dust, ashes to ashes”. We come from nature, we shall return to nature (at the end of our days), and all things we need are to be found in natural things.

After all, look at all the worlds' inventions and scientific breakthroughs. All employ the world's natural resources. Whether its oil and gas, metals, technology, or even the medications our doctor gives us. They all come from natural resources.

This is why if you want to lead a healthy plan for life then everything you need is already available to you. You only need to know what, where, and why.

“How to Avoid Hospitals and Old Age Care Homes As You Get Older” puts all of this information within the palm of your hand (quite literally).

Over 100 pages of simple, easy to read, easy to apply, text explains, in very succinct, yet straight forward terms, everything you need to ensure you not only live well now, but you also live longer, and you conquer everyday disease.

And here’s the best part. It focuses on food (and one or two lifestyle habits)! What could be better than that? After all, you eat food anyway, every day.

Did you know there are individual foods that combat every single lifestyle disease known to man? You just need to know which foods they are and how to consume them.

“How to Avoid Hospitals and Old Age Care Homes As You Get Older” restructures the whole of your eating habits. But it doesn’t take away. It adds.

A perfect plan for life.

Did you know that many of the supplements and vitamin regimes you might take are already contained in food?

After all, if our bodies need something nature already provides. The air we breathe. The water we drink.

Think about it, they are all designed to support life on earth. Why would Mother Nature stop there?

What would be the point of air and water if we all died five minutes later because of some vitamin or nutrient deficiency our body desperately needed? In addition to using our mouths for breathing why did Mother Nature give us the ability to use our mouths to eat?

It’s only because we have lost our way. Or didn’t know enough about what Mother Nature had provided in the first place. After all, it’s only relatively recently we became aware of how to use our other natural resources (oil and gas, forging steel, pharmaceuticals, etc.).

But the means have always been there.

Our modern lives have meant that we have neglected ourselves. We are more stressed. We are more rushed. We are more focused on convenience. And, we simply lack the right knowledge.

And, for the most part, we eat a lot of rubbish. We have no real understanding of what these convenience manufacturers put into our semi instant foods. Preservatives, flavourings, E-factors. Ugghh!!!

“How to Avoid Hospitals and Old Age Care Homes As You Get Older” takes you through everything from the angle of the worst case scenario.

Not only does it focus on your desire to feel great right now (in which it performs admirably) but it also structured to combat long term lifestyle disease (the ultimate price).

Kill two birds with one stone! A complete health plan.

In addition, it provides a range of sound lifestyle advice. But, more importantly, it recognizes that people are fed up with regimes. They're also fed up with diets and fads.

For most, it's not only a nuisance drinking some weird food replacement, but many are also not into pumping iron down at the gym, or have the inclination to run 10 miles a day.

But, this isn't even necessary. Yes, your body needs exercise. But you don't have to endure agony to get it. And, whilst it's fine if you do, you don't have to play sports either if you don't want to.

How can simple foods be so powerful? Well, in Japan many people already live in perfect health until well over 100. In the Mediterranean countries they have a remarkably low incidence of heart disease. In Antarctica, the Eskimos defy all norms.

And, what's the common denominator? Well, it's not because they visit the doctor a lot (after all, there are not many of those per square mile in Antarctica!).

It's directly related to the foods they consume.

But this book does not suggest you have to eat from Japanese or Eskimo menus from now on. Nor that you should live solely on lettuce leaves and olive oil.

Far from it, instead it covers a vast array of the key foods your body needs. It blends in the need to keep all lifestyle diseases at bay, and it explains some very simple lifestyle enhancements you should put into place as soon as you can.

Wow, what a result!

Not only do you feel fully revitalised right now, but you feel fully reassured you are arming your body solidly against the ravages of the future, on a daily basis.

It's complete. Everything you need to turn your body into a nutritional machine is contained in the book. It's all simply explained.

And if the words "nutritional machine" make your eyebrows rise. Don't be alarmed. In short, this book causes you to replenish all of the key vital nutrients your body so desperately needs (Mother Nature intended) but has been starved of because of the horrendously narrow food choices we make.

The plan is completely proactive (before disaster strikes), and not reactive (after disaster has struck).

All in all, it's an extremely riveting, refreshing, and enjoyable way to approach life. And the payback is phenomenal!

What better way to invest than to invest in your wellbeing?

Recession Proof

We may be teetering on the brink of a recession. But what better reason than to take maximum advantage of what this marvellous book can do for you?

After all, without sustained good health (throughout your life) where is the benefit in living?

Rather than merely plough thousands of dollars into your medical plan (or on expensive prescriptions), every year, to provide some form of relief, only after you have contracted a disease, why not commit to one single low payment that, not only makes you feel revitalised right now, but prevents such diseases from arising in the first place?

And, rather than pump hundreds of dollars every month into supplements and vitamins or expensive gym memberships, why not simply observe some simple lifestyle habits and take advantage of what nature has already provided (ordinary food)?

Yes, real food. You have to eat food anyway!

You only need to know what, why, and when. And, even if you don't use the information right way the contents never date (after all, food is food!).

Better still, whilst the book is just a one-time only investment, it will last your whole life through!

So, if you're ever find yourself where it's hard to make ends meet, then as far as health protection goes, you know you already got the issue covered.

A much smarter way to go.

“How to Avoid Hospitals and Old Age Care Homes As You Get Older” is available via immediate electronic download when you click the “Order Now” button below.

Its regular retail price is just US\$ 59.95 and it comes with 4 unique additional free bonuses when you order. But these will only be available for a limited time.

BONUS 1

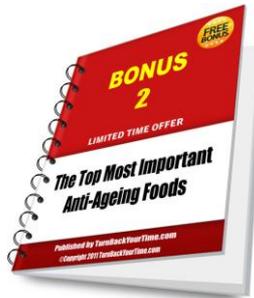
“How to Avoid Horrible Skin Decay & Ugly Wrinkles As You Grow Older”



What Price Do You Place on Your Looks?

BONUS 2

“The Top Most Important Anti-Ageing Foods”



This is the free report at the beginning of this document (refer above)

BONUS 3

“Preventing Hair Loss”



One of Our Most Valued Commodities - New Successful Technique Revealed

BONUS 4

“Which Ordinary Household Foods Burn Fat Like Crazy?”



Amazing! Eat Additional Food to Lose Weight!?

BONUS 5

“Everyday Foods Which Increase Your Memory Capacity”



Knowledge is Power - thus Memory Recall is Essential!

Limited time – Initial Market Penetration Promotion

“How to Avoid Hospitals and Old Age Care Homes As You Get Older” has just been released to the marketplace and, in order to get initial market penetration swiftly, so the book is being offered initially at a very special discounted introductory price.

This discounted price will be available for a limited time only (until initial market penetration has been achieved).

For a limited time only, you can grab the book (and the free bonuses) at half the normal retail price. All the bonuses are bundled with your electronic download). This special promotion price is just US\$ 29.95.

Why is this?

Well, naturally we the publishers are keen to achieve market penetration quickly. Once achieved, the product will move naturally on its own steam more quickly. Hence the initial discount. It's as simple as that.

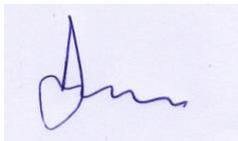
To gain more momentum we are also promoting this product on multiple channels. With these two initiatives, so we expect to achieve our initial market penetration objectives quickly.

So, if you want a thoroughly revitalising, complete, doable, non restrictive, health plan for life (using, for the most part, just food) then the best time to buy is right now. As soon as our initial market objectives are met the price will revert to US\$ 59.95.

Destiny could be in the palm of your hands (quite literally). Very shortly you will be on your own journey into the future complete with a solution for life, explained in the easiest of terms, in a ready-to-apply form, and based on one of the simplest mediums – food!

Click the yellow order button below now.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Douglas Barker', is displayed on a light purple rectangular background.

Douglas Barker
For TurnBakYourTime.com

PS With over 100 pages of clear, easy-to-apply, simple, text this revolutionary book shows exactly how you too can live in perfect health to a ripe old age. We're all living much longer. Sadly, we're also significantly more prone to some very nasty lifestyle diseases. And modern medicine only seems to prolong the misery. This remarkable step-by-step guide guarantees to make the whole of your life healthy, joyful, and disease free. Coming with 4 additional “live-well-live-long” bonuses, currently bundled free, and at a one-off promotional price of just US\$ 29.95 it's the most formidable whole-of-life health plan on the market today. Just released, this special introductory price will double as soon as initial market penetration is achieved. Order now to secure the complete package, at half price, before this life changing product is broken apart and the price significantly increased.

Order Now

Dear TurnBackYourTime.com,

When I click on the link below, I understand I will be directed to a secure payment site where, following my payment, I will receive, via immediate electronic download :-

1. The Life Plan E-book: *“How to Avoid Hospitals & Old Age Care Homes As You Get Older”*
2. **Free Bonus 1:** *“How to Avoid Horrible Skin Decay & Ugly Wrinkles As You Grow Older”*
3. **Free Bonus 2** *“The Top Most Important Anti-Ageing Foods”*(already received)
4. **Free Bonus 3** *“Preventing Hair Loss”*
5. **Free Bonus 4** *“Which Ordinary Household Foods Burn Fat Like Crazy?”*
6. **Free Bonus 5** *“Everyday Foods Which Increase Your Memory Capacity”*

I understand the main Life Plan E-book :-

- Contains everything I need to know (for all common outcomes)
- Is a complete holistic health solution (and not just aimed at one aspect of health)
- Puts me in total control of my own destiny, enabling me to take a proactive approach (rather than just waiting for things to go wrong)
- Will make me feel great right now (in addition to fortifying my body for the future)
- Will radically transform my wellbeing (unlike just another diet, potion, or pill)
- Is simple to understand (and easy to apply)
- Is mostly based on food (which is something I have to consume anyway)
- Will teach me a handful of key lifestyle habits that make a radical difference (but I don't want anything rigid, restrictive, or arduous)

- Is something that will last the whole of my life (rather than just repair a single issue I have only now)
- Is extremely cost effective (I like the idea of a lifetime solution, for a once only payment!)

I am providing my private email address, in good faith, on the understanding you will not disclose it to any other party, for any reason whatsoever

[CLICK ME TO ORDER](#)

If you are reading a hard copy of this e-book, copy and paste (or type) the following website into your internet browser, and order there.

<https://getdpd.com/cart/buy/11005/24058/23506?gateway=paypal>

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The publisher (TurnBackYourTime.com) has compiled this book in good faith and with the best intentions.

Nevertheless, to ensure recommendations do not clash with reader's individual health and lifestyle circumstances so readers must ensure they consult with their own doctor or nutritionist before embarking on any of the advice contained herein.

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Customer Services (Dept, 1254), TurnBackYourTime, Chynoweth House, Trevisson Park, Truro, Cornwall, TR4 8UN,
England, United Kingdom

contact@turnbackyourtime.com

Tel/Fax +44 (0)709 2289131

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Now Even You Can Live in Perfect Health to a Ripe Old Age!