



Eat Healthy: Live Longer, Look Younger (Paperback)

By Anthony Ekanem

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When it comes to eating, how many of us really bother to check whether we are having healthy food? Today's lifestyle has become so busy and hectic that you grab foods that taste good and tend to neglect its ill effect. There are several reasons and benefits of healthy eating and thus you should take time to prepare healthy food and diet for a healthy living. Here are the benefits of healthy eating: -Apart from feeling and looking good, your body will be high on energy, and fresh. With healthy eating, you enjoy doing everything, and live a full life. Healthy eating leads to a healthier you and you find little or no reason to visit a doctor. You can spend time in more activities to keep fit. -Healthy diet keeps the immune system stronger, and health problems are kept far away. A healthy immune system will ensure that you stay fit, and if sick, to recover fast. -Healthy diets help you stay in shape. A well-planned and healthy food helps to maintain your weight and you save yourself from the...



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