



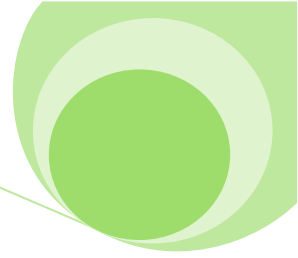
Age-Defying Food Secrets

Age gracefully &
healthfully with Raw Food
Daily Nourishment™

The ideal guidebook book for baby boomers
or anyone looking to age-proof their body
and increase their lifespan naturally

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Dr. Paul Yanick Jr



Age-Defying Food Secrets™

Paul Yanick, Jr., PhD, ND, CNC, CQM

Acknowledgement & an Important Note to Readers

INTRODUCTION

1. The Abuse and Misuse of Hormones & Vitamins
2. Your Personal Assessment & Daily Nourishment Needs
3. Aging Gracefully and Healthfully
4. Reconnecting to Nature's Polarities
5. Synbiotic Nutriture and the Life Principle
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7. Making your own Hormones Naturally
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Appendix-A Advanced Hormonal Concepts to Share with your Doctor

Appendix-B Sources and Helpful information

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