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Maggie's Recipe for Life Maggie Beer, 2024-07-03 With over 200 delicious recipes and the latest scientific research bestselling author Maggie Beer and leading Alzheimer s researcher Professor Ralph Martins show us how to eat and live well to promote optimum brain health to help fight one of the most debilitating diseases of our later years This second edition contains a new introduction and 13 recipes from the ABC TV series Maggie Beer s Big Mission This book is so important to me To have a healthy old age you must act now whether you are 30 or 50 I have two great passions sharing my love of cooking delicious simple food and improving the health and nutrition of older people I hope this cookbook does both but it s not for old people it s for you I have been delighted to work with leading Alzheimer s researcher Professor Ralph Martins in recent years and I have learned that if we are to avoid Alzheimer s and other lifestyle diseases it is what we eat

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Backpacker ,2000-04 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish

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