

THE POWER FOR COPTIMUM HEALTH

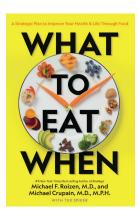
A COOKBOOK

MICHAEL CRUPAIN, M.D., M.P.H. Author of National Bestseller What to Eat When

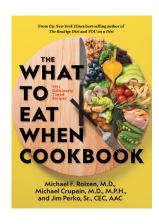
You don't have to eat a restrictive diet to live better, healthier, and longer. In this essential cookbook, 75 recipes put the focus on the five foods that will keep you living your best life—without sacrificing flavor or favorites.

This innovative cookbook by acclaimed Dr. Michael Crupain introduces the five essential food groups for a longer, healthier life, along with delicious recipes that can help ward off illness and extend your life by years. Living longer and better, he reveals, is all about preventative medicine through the power of what you eat—and that includes carbs, fats, and sugars.

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