



# **Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process**

*Ruth Logan*

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# Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process

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**Antioxidants: A Simple Method to Increase Brain Power, Strengthen Your Immune System and Reverse the Aging Process** Ruth Logan

**Discover How to Increase Antioxidants into Your Life with Ease**

Adjusting your diet can be a daunting task. It requires large amounts of knowledge, focused effort, will power, and support. You're changing a three times a day habit, and that isn't easy. So, you want to make sure that you have the right information, a system that's easy to follow and ultimately, one you'll keep to long term.

This book will be a good fit if you want:

- To understand what antioxidants are
- How we can benefit from them
- How to incorporate antioxidants into your diet with minimal fuss
- The top seven antioxidants not to miss out on
- Find antioxidant food sources in a fun and easy way
- The top three ways to drink your antioxidants
- Top 10 cheap, hassle free and antioxidant rich meals
- Food and drink antioxidant boosters

Throughout this book, I'm going to walk you through the basics of what antioxidants are, how we can benefit from increasing the intake into our body, and how to restructure your diet and lifestyle into an easy-to-follow format that's not demanding on your time, energy, or finances. At the end of the book, I'll provide you with multiple meal options for breakfast, lunch, and dinner that are rich in antioxidants.



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