

A close-up photograph of a person's hands slicing a red tomato on a light-colored wooden cutting board. The person is wearing a grey and white striped long-sleeved shirt. In the background, there are several glass jars containing yellowish-brown substances, possibly honey or jam, and some fresh vegetables like a red bell pepper and a yellow bell pepper. The overall scene is set in a kitchen with soft, natural lighting.

# *The Anti-Aging Cookbook*

100 TASTY RECIPES FOR  
YOUNGER AND HEALTHIER SKIN

EDIE SMITH

# Anti Aging Cookbook

**Jianjun Gao**



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