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Dr Caroline Apovian has compiled a series of tips for her new book, The Age-Defying Diet, to help women of all ages defy the hormones that control your metabolism, and help shed pounds.

Revealed... the age-defying diet: 23 tips to help you shed

And the key to lowering your metabolic age is to stock up on fruits and vegetables including wholesome greens like asparagus, broccoli, kale and spinach, as well as tomatoes, carrots, cauliflower, mushrooms, berries and bananas. Dr Caroline Apovian's Age-Defying Diet is available from Amazon, priced from £11.69

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The Overnight Diet by Caroline Apovian MD (2013): What to eat and foods to avoid. by Penny Hammond. on June 27, 2013. ... The Super Charged Science Smart Smoothie Base is the preferred base on The Age-Defying Diet, which is Dr. Apovian's newer book. I can't find an ingredients list, but says it contains whey and casein protein as well as ...

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