Bookseller fact sheet
Stay Strong, Eat Smart After 60
[English subtitle]
Patrick von Meiss
Key facts

ISBN (hardback)	[English edition ISBN]
Publisher	BoD – Books on Demand
Publication date	[date]
Format	Hardback, A4, [number] pages, full colour
Retail price	[price in € / £ / CHF]
eBook (EPUB)	[price]
Language	English (British); also available in French: *Restez fort, mangez juste après 60 ans*, ISBN 978-2-322-84498-2
Suggested shelving	Health – Nutrition – Healthy ageing
Ordering	[via BoD and usual wholesalers — to be confirmed]
Trade discount	[to be completed]

The book in brief

After 60, the danger is no longer too much, but too little. The body needs fewer calories, but as much protein, calcium and vitamin D as before, or more. This guide turns more than 250 scientific studies into simple guidelines for keeping muscle, bone and independence: tests to do at home, “miracle foods” ranked by evidence, supplements that work and those that don't, kitchen tips and cooking myths.

Who it is for

- People aged 60 and over who want to stay strong and independent.
- Their children and families, looking for a useful gift.
- Professionals (physiotherapists, personal trainers, pharmacies) for their waiting rooms or clients.

Selling points

- **A quality gift**: a large-format hardback, illustrated in full colour.
- **Serious and verifiable**: every claim points to a published study.
- **Practical**: five tests to do at home in 15 minutes, food tables and clear numerical guidelines.
- **No-nonsense**: it says plainly what is mostly marketing (superfoods, collagen, detox cures).
- **Author available** for signings and talks in Switzerland.

Contents

1. What age changes on your plate
2. Building your reserves
3. Protecting your reserves
4. Miracle foods
5. Food supplements
6. Kitchen tips
7. Cooking myths
8. The fasting-mimicking diet

About the author

A microengineering graduate of EPFL with training in industrial management from ETH Zurich, Patrick von Meiss spent many years in senior management at industrial and medical technology companies. Here he brings the same rigour to healthy ageing: reading over 250 scientific studies, weighing the evidence and drawing useful advice from it. He lives in Switzerland and Italy.

Contact

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