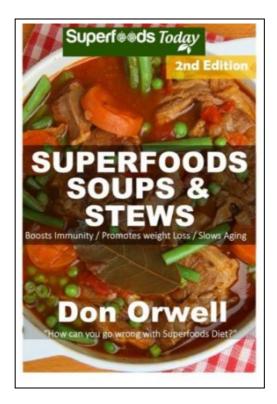
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Reviews

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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How Can You Go Wrong With Superfoods-Only Diet? FACT: Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer - they re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Superfoods Soups Stews - Edition 2 book contains over 80 Superfoods Soups Stews recipes created with 100 Superfoods ingredients. This 200+ pages long book contains recipes for: Superfoods Soups Superfoods Stews, Chilies and Curries (Edition 2 has 10 more Stews) Superfoods Casseroles Superfoods Crockpot Recipes Bonus chapter: Superfoods Condiments Bonus chapter: Superfoods Appetizers Bonus chapter: Superfoods Smoothies (Edition 2 has 15+ new Green Smoothies) Bonus chapter: Superfoods Side Dishes Most of the meals can be prepared in under 30 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Our Food Should Be Our Medicine And Our Medicine Should Be Our Food. - Hippocrates 460 - 370 BC The best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones. It s nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because it s return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed...

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