



SuperFoods Rx: Fourteen Foods That Will Change Your Life

Steven G., M.D. Pratt, Kathy Matthews

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The super-bestselling book that's enhancing Americans' health

By eating the fourteen SuperFoods highlighted in Dr. Steven Pratt's instant bestseller, you can actually stop the incremental deteriorations that lead to common ailments and diseases

- Beans -- reduce obesity
- Blueberries -- lower risk for cardiovascular disease
- Broccoli -- lowers the incidence of cataracts and fights birth defects
- Oats -- reduce the risk of type II diabetes
- Oranges -- prevent strokes
- Pumpkin -- lowers the risk of various cancers
- Wild salmon -- lowers the risk of heart disease
- Soy -- lowers cholesterol
- Spinach -- decreases the chance of cardiovascular disease and age-related macular degeneration
- Tea -- helps prevent osteoporosis
- Tomatoes -- raise the skin's sun protection factor
- Turkey -- helps build a strong immune system
- Walnuts -- reduce the risk of developing coronary heart disease, diabetes, and cancer

* Yogurt-promotes strong bones and a healthy heart

SuperFoods Rx includes recipes created by Chef Michel Stroot of the Golden Door Spa and teaches you how to incorporate SuperFoods and their sidekicks into your diet. *SuperFoods Rx* is an indispensable guide to a healthy, long, and energetic life.

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Dale Moore:

Playing with family within a park, coming to see the ocean world or hanging out with buddies is thing that usually you might have done when you have spare time, then why you don't try point that really opposite from that. 1 activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love SuperFoods Rx: Fourteen Foods That Will Change Your Life, you can enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout men. What? Still don't get it, oh come on its named reading friends.

Elsie Wallace:

This SuperFoods Rx: Fourteen Foods That Will Change Your Life is brand new way for you who has intense curiosity to look for some information because it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know or you who still having tiny amount of digest in reading this SuperFoods Rx: Fourteen Foods That Will Change Your Life can be the light food for yourself because the information inside this book is easy to get by means of anyone. These books build itself in the form that is certainly reachable by anyone, yep I mean in the e-book web form. People who think that in book form make them feel sleepy even dizzy this book is the answer. So there is no in reading a reserve especially this one. You can find what you are looking for. It should be here for a person. So , don't miss this! Just read this e-book sort for your better life as well as knowledge.

James Fitzpatrick:

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