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By Don Orwell

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 254 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. 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!! Salads for Weight Loss - third edition contains over 80 Superfoods Salad recipes created with 100 Superfoods ingredients. This 240 pages long book contains recipes for: Superfoods Protein Salads Superfoods Vegan Salads Superfoods Vegetarian Salads Bonus chapter: Superfoods Condiments Bonus chapter: Superfoods Appetizers Bonus chapter: Superfoods Smoothies Bonus chapter: Superfoods Side Dishes Most of the meals can be prepared in just 10 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...



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