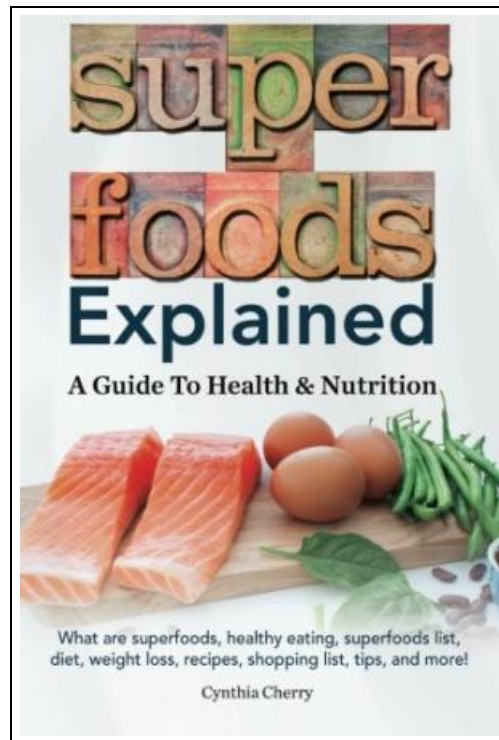


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SUPERFOODS EXPLAINED: A GUIDE TO HEALTH NUTRITION (PAPERBACK)



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NRB Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Those seeking a healthful diet inevitably come across the often misunderstood word superfood. Foods in the superfood category have not necessarily been enhanced in some magical way but have naturally occurring health-promoting properties. Cynthia Cherry has written Superfoods Explained to provide an understanding of superfoods and how they can fit into your healthy lifestyle. In this book you will find information on what are superfoods, the super fruits, the super veggies, the super grains, animal based superfoods, super herbs, cooking techniques, and ideas how to prepare superfoods. What are superfoods, health eating, superfood list, diet, weight loss, recipes, shopping list, tips, and more all covered! The book is written in an easy to read and understandable style. In a straight forward, no nonsense fashion, Cynthia Cherry covers all aspects of Superfoods in this must have guide. The book is full of informative content and answers to your questions - including some you didn t know you had!.



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