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Reviews

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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.How Can You Go Wrong With Superfoods-Only Stir Fries? 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!! Stir Fry Cooking - tenth edition contains over 180 Superfoods Stir Fry recipes created with 100 Superfoods ingredients. This book contains recipes for: - Stir Fries - Bonus Chapter - Superfoods Salads Most of the meals can be prepared in just 10-15 minutes. Superfoods cooking for two at it s best!! Each recipe combines Whole Foods Superfoods 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 foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or today s hybridized wheat, corn,...

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