



Superfoods 14 Days Detox: Enjoy Weight Maintenance Diet, Wheat Free Diet, Whole Foods Diet, Gluten Free Diet, Antioxidants & Phytochemicals, Healthy ... diet plan- detox diet foods) (Volume 37)

Don Orwell

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How Can You Go Wrong With Superfoods-Only Detox?

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 are NOT only exotic berries like Acai, Goji or Noni!

Acai, Goji or Noni berries are great, they're full of antioxidants, but you can't live on them. Superfoods covered in this book are regular, everyday Superfoods, like spinach, broccoli, quinoa, olive oil, garlic, kale, salmon, ginger, avocado, berries, flax seeds; basically nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will:

- **Start losing weight and boost energy**
- Get rid of sugar or junk food cravings
- **Lower your blood sugar and stabilize your insulin level**
- Detox your body from years of eating processed foods
- **Lower your blood pressure and your cholesterol**
- Fix your hormone imbalance and boost immunity
- **Increase your stamina and libido**
- Get rid of inflammations in your body

“Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - Hippocrates 460 - 370 BC

The best thing about Superfoods 14 Days Detox 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 diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in today's hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance.

Only Superfoods Slow Aging!

Discover:

- **Which 17 Superfoods slow aging and boost immunity-pg. 59.**
- Which 12 Superfoods lowers blood sugar and cholesterol-pg. 28.
- **Which 18 Superfoods promote weight loss-pg 47.**
- Which 11

Superfoods are anti-inflammatory and anti-viral-pg 39. • **How I lost 80 pounds in 5 months and how I kept my new weight for more than 5 years-pg. 8** • How to stop Yo-yoing your weight for good-pg.21 • **Which 23 Superfoods protects you from cancer-pg. 37** • Which 16 Superfoods protects you from heart disease-pg. 38 • **Which 14 Superfoods protects you from high blood pressure-pg. 30** • How Superfoods helped with my sons ADHD-pg. 15 • **How to deal with emotional eating and cravings in the evenings – pg. 98** • How to deal with weight loss challenges on weekends, holidays or during travel – pg. 99 • What is **Binge Emergency Kit** and how to prepare it – pg. 97 • Superfoods Reference Book” – pg. 157 • **Learn which 5 “fatty foods” can help protect your heart.** • Discover the single most important vitamin, 3 types of nuts, 6 herbs and one vital mineral that reduce inflammation. • **Do you know which type of cherries and grape is the best for your health, inflammation or pain?**

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Nick Jansen:

Nowadays reading books be than want or need but also turn into a life style. This reading habit give you lot of advantages. The huge benefits you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The knowledge you get based on what kind of book you read, if you want drive more knowledge just go with education and learning books but if you want really feel happy read one using theme for entertaining including comic or novel. The particular Superfoods 14 Days Detox: Enjoy Weight Maintenance Diet, Wheat Free Diet, Whole Foods Diet, Gluten Free Diet, Antioxidants & Phytochemicals, Healthy ... diet plan- detox diet foods) (Volume 37) is kind of book which is giving the reader erratic experience.

Tony Paulson:

This book untitled Superfoods 14 Days Detox: Enjoy Weight Maintenance Diet, Wheat Free Diet, Whole Foods Diet, Gluten Free Diet, Antioxidants & Phytochemicals, Healthy ... diet plan- detox diet foods) (Volume 37) to be one of several books that will best seller in this year, here is because when you read this reserve you can get a lot of benefit on it. You will easily to buy this kind of book in the book shop or you can order it through online. The publisher in this book sells the e-book too. It makes you easier to read this book, because you can read this book in your Touch screen phone. So there is no reason for you to past this publication from your list.

Lee Wing:

Does one one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Make an effort to pick one book that you find out the inside because don't determine book by its protect may doesn't work is difficult job because you are scared that the inside maybe not while fantastic as in the outside seem likes. Maybe you answer might be Superfoods 14 Days Detox: Enjoy Weight Maintenance Diet, Wheat Free Diet, Whole Foods Diet, Gluten Free Diet, Antioxidants & Phytochemicals, Healthy ... diet plan- detox diet foods) (Volume 37) why because the excellent cover that make you consider with regards to the content will not disappoint a person. The inside or content is usually fantastic as the outside or even cover. Your reading 6th sense will directly direct you to pick up this book.

Christina Harper:

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