



Superfoods 14 Days Detox: Enjoy Weight Maintenance Diet, Wheat Free Diet, Whole Foods Diet, Gluten Free Diet, Antioxidants Phytochemicals, Healthy Diet, Heart Healthy Diet: Detox Diet Foods (Paperback)

By Don Orwell

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.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...

Reviews

Very beneficial for all type of folks. It can be rally intriguing throug studying time. You will like how the writer publish this ebook.

-- **Nathan Cruickshank**

Totally one of the better pdf I have at any time read through. It really is simplified but shocks within the 50 % from the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mariano Spinka**