



**Superfoods Body: Over 75 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100)**

*Don Orwell*

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## **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!! Superfoods Body contains over 75 Superfoods recipes created with 100% Superfoods ingredients. This 230+ pages long book contains recipes for: • Appetizers • Soups • Condiments • Breakfast • Grilled meats • Side dishes • Crockpot recipes • Casseroles • Stews • Stir fries 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 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, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Superfoods Diet is the only diet that doesn't restrict any major type of food. If features: • Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado • Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils • Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat • Simple non-processed Dairy: Greek Yogurt, Farmer's Cheese, Goat Cheese • Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. 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

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**Kathleen Allen:**

The e-book with title Superfoods Body: Over 75 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) contains a lot of information that you can learn it. You can get a lot of advantage after read this book. That book exist new know-how the information that exist in this book represented the condition of the world right now. That is important to yo7u to find out how the improvement of the world. This kind of book will bring you inside new era of the globalization. You can read the e-book on your smart phone, so you can read that anywhere you want.

**Mamie Perkins:**

In this period globalization it is important to someone to obtain information. The information will make professionals understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Typically the book that recommended to your account is Superfoods Body: Over 75 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) this e-book consist a lot of the information in the condition of this world now. This kind of book was represented how do the world has grown up. The terminology styles that writer use to explain it is easy to understand. Typically the writer made some study when he makes this book. That is why this book appropriate all of you.

**Eugene Ruano:**

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