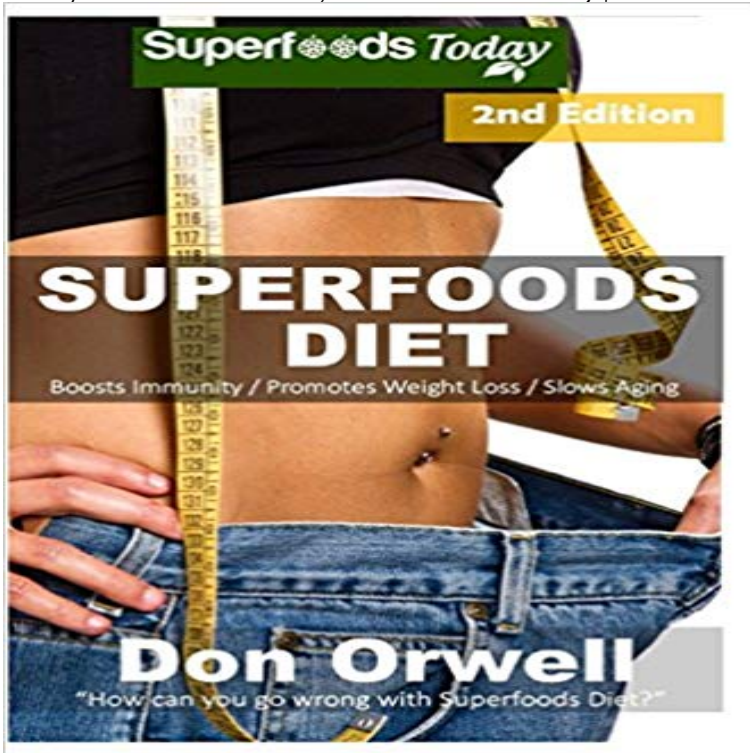


## Superfoods Diet: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet, Antioxidants & Phytochemicals, Low ... - weight loss meal plans) (Volume 39)



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 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 This book is a second edition of Superfoods Today Diet. 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 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.

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