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Superfoods Soups & Stews: Over 70 Quick & Easy Gluten-Free Whole Foods Soups & Stews Recipes full of Antioxidants & Phytochemicals: Soups Stews and ... - weight loss plan for women) (Volume 30)

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 Soups & Stews" - Edition 2 book contains over 80 Superfoods Soups & Stews recipes created with 100% Superfoods ingredients. This 200+ pages long book contains recipes for: • Superfoods Soups • Superfoods Stews, Chilies and Curries (Edition 2 has 10 more Stews) • Superfoods Casseroles • Superfoods Crockpot Recipes • Bonus chapter: Superfoods Condiments • Bonus chapter: Superfoods Appetizers • Bonus chapter: Superfoods Smoothies (Edition 2 has 15+ new Green Smoothies) • Bonus chapter: Superfoods Side Dishes Most of the meals can be prepared in under 30 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, Cacaa, 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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Why? Because this Superfoods Soups & Stews: Over 70 Quick & Easy Gluten-Free Whole Foods Soups & Stews Recipes full of Antioxidants & Phytochemicals: Soups Stews and ... - weight loss plan for women) (Volume 30) is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who else write the book in such remarkable way makes the content on the inside easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of rewards than the other book include such as help improving your talent and your critical thinking means. So , still want to delay having that book? If I ended up you I will go to the reserve store hurriedly.

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