



**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?**

## Would You Like To Know More?

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**From reader reviews:**

**Brad Hawkes:**

The book 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) make one feel enjoy for your spare time. You need to use to make your capable much more increase. Book can for being your best friend when you getting tension or having big problem along with your subject. If you can make reading a book 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 get your habit, you can get more advantages, like add your personal capable, increase your knowledge about several or all subjects. You can know everything if you like open and read a book 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). Kinds of book are several. It means that, science book or encyclopedia or other people. So , how do you think about this reserve?

**Rose Rowe:**

This 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) book is absolutely not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is definitely information inside this e-book incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This 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) without we comprehend teach the one who examining it become critical in imagining and analyzing. Don't end up being worry 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) can bring whenever you are and not make your case space or bookshelves' turn out to be full because you can have it with your lovely laptop even phone. This 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) having fine arrangement in word along with layout, so you will not feel uninterested in reading.

**Aimee Nguyen:**

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publication you will enter the new age that you ever know previous to. The author explained their thought in the simple way, so all of people can easily to comprehend the core of this publication. This book will give you a lot of information about this world now. To help you to see the represented of the world in this book.

### **Benjamin Nation:**

What is your hobby? Have you heard which question when you got learners? We believe that that query was given by teacher on their students. Many kinds of hobby, Every person has different hobby. And you also know that little person similar to reading or as examining become their hobby. You need to understand that reading is very important and book as to be the thing. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You see good news or update regarding something by book. Amount types of books that can you decide to try be your object. One of them is actually 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).

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