

SUPERFOODS RX DIET BOOK



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Blockbuster bestseller SuperFoodsRx identified a variety of SuperFoods that prevent disease and significantly improve health. In this follow-up diet plan fully tested in two intensive 30-day trials involving more than 100 volunteers the authors show how a diet rich in these powerhouse nutrients also helps one to lose weight.

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SuperFoodsRx Diet

In this book, you will learn about the unique SuperNutrient properties of each SuperFood and how every one of them comes together to trigger weight loss. Add that to a full diet program that combines and balances the weight loss properties of each of these incredible foods, giving you astounding results while you are eating delicious foods such as blueberries, salmon, avocado and walnuts.

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Super Foods Rx Diet Review

I have recieved compliments on my hair and my overall appearance. This is a life changing diet. The book is a little difficult to follow but I've placed tabs in the book to make it easier to find recipes and other important info. Good luck with dieting.. Thanks SuperFoods Rx! posted Apr 21st, 2008 3:16 pm

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Superfoods RX Diet Lose Weight with the Power of

If you've read the Superfoods Rx book then this is the perfect companion. I wanted to lose weight and eat the foods that would be the most nutritionally dense. This was the perfect solution! I recommend this book to anyone who wants to lose weight effectively, efficiently, and permanently keep the weight off.

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SuperFoods Rx Fourteen Foods That Will Change Your Life

Start by marking SuperFoods Rx: Fourteen Foods That Will Change Your Life as Want to Read: This book did an excellent job of convincing me of the need to incorporate more Super Foods into my daily diet. The first half of the book covers each super food in-depth. (ha ha) and bolts of this book about Super Foods

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