



21 Super Foods: Simple, Power-Packed Foods that Help You Build Your Immune System, Lose Weight, Fight Aging, and Look Great

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Powerful, nutrient-rich super-foods that will help you lose weight, manage stress and anxiety, build your immune system, look younger, lower blood pressure, fight cancer, and so much more--without side effects!

In this first book in the series, readers will discover simple, power-packed, one-ingredient, stand-alone foods that will revolutionize their health. These 21 simple foods are nature's side-effect-free agents that have been proven by science to be:

- Cancer cures
- Blood pressure reducers
- Mood enhancers
- Brain boosters
- Age inhibitors
- Pain relievers
- Weight loss accelerators, and more

This book will also provide preparation and storage tips, healthy and delicious recipes, and little known health-tips and facts for each of these 21 super foods.

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