



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

By Jevon Bolden

Charisma House, United States, 2014. Paperback. Book Condition: New. 180 x 127 mm. Language: English . Brand New Book. 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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