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Superfoods Smart Carbs 20 Days Detox: 180 Recipes to enjoy Weight Maintenance, Wheat Free, Whole Foods full of Antioxidants Phytochemicals Detox . Free recipes-detox program) (Volume 33)

By Don Orwell

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 552 pages. Dimensions: 9.0in. x 6.0in. x 1.4in. How Can You Go Wrong With Superfoods-Only Detox What are Superfoods Smart Carbs They are: Non-refined carbs, full of vitamins, minerals, fibers and antioxidants. Carbs that have low glycemic index; they don't spike blood sugar and insulin. Carbs that don't disrupt your hormones. Carbs that don't cause addiction and bingeing. Carbs that don't stimulate your appetite. Superfoods covered in this 540 pages long 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 few weeks 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...



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