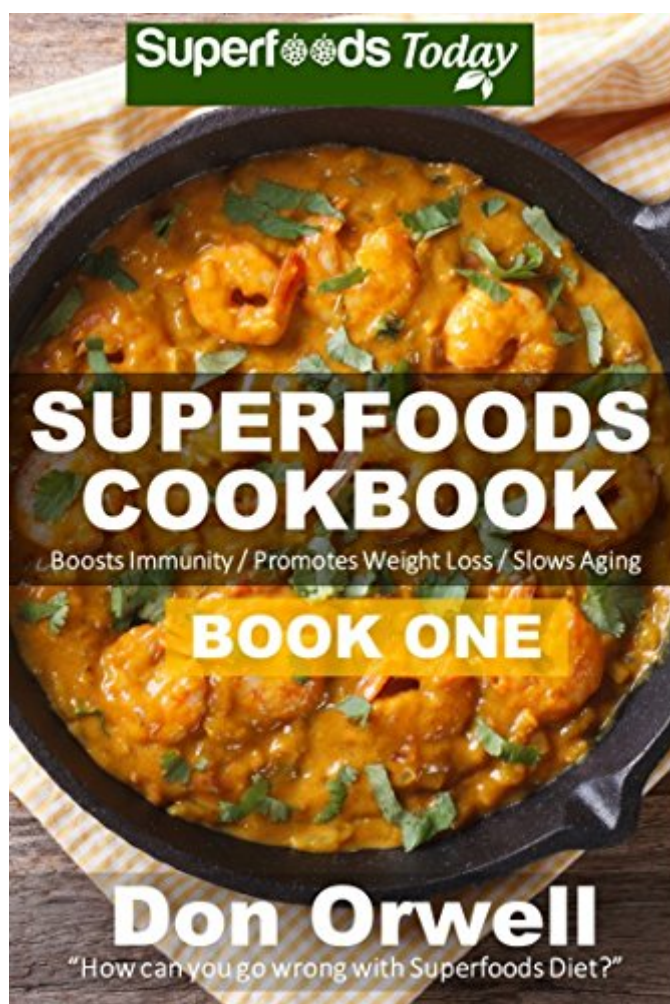


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# Superfoods Cookbook: Over 95 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes Full Of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 29)





## Synopsis

How Can You Go Wrong With Superfoods-Only Diet?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 â€œ theyâ€™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 Cookbook - Book One contains over 95 Superfoods recipes created with 100% Superfoods ingredients. This 230+ pages long book contains recipes for:â€¢ Appetizers â€¢ Soups â€¢ Condiments â€¢ Breakfast â€¢ Grilled meats â€¢ Side dishes â€¢ Crockpot recipes â€¢ Casseroles â€¢ Stews â€¢ Stir fries Most of the meals can be prepared in just 10 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â€œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â€• - Hippocrates 460 - 370 BCThe best thing about Superfoods Diet 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 itâ€™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 are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or todayâ€™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.Superfoods Diet is the only diet that doesnâ€™t restrict any major type of food. It features: â€¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â€¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils â€¢ Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat â€¢ Simple non-processed Dairy: Greek Yogurt, Farmerâ€™s Cheese, Goat Cheese â€¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: â€¢ Start losing weight and boost energy â€¢ Get rid of sugar or junk food cravings â€¢ Lower your blood sugar and stabilize your insulin level â€¢ Detox your body from years of eating processed foods â€¢ Lower your blood pressure and your cholesterol â€¢ Fix your hormone imbalance and boost immunity â€¢ Increase your stamina and libido â€¢ Get rid of inflammations in your body Would You Like To Know More?Download and start getting healthier

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## **Book Information**

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## **Customer Reviews**

Don's book is packed with helpful advice on eating. For instance, he explains why nightshade veggies aggravate arthritis. In addition, he cites known superfoods like garlic, broccoli, chia, spinach, quinoa, olive oil, ginger, salmon, kale and others. The beauty of superfoods is that they can correct hormonal imbalances. The book covers the benefits of kettlebell training. The strength of kettlebell training is in forcing the body to experience wider ranges of motion to optimize stretching. This training modality is very helpful for weight loss too. Don reviews the forbidden foods for dieters like processed food, pasta, deserts, granola, processed meat and margarine to name just a few. The book names top vitamins too. i.e. K2 for the heart and B17 to help reduce cancer. Overall, Don's book is excellent for losing weight and enhancing health generally. At the current price, the value is significant.

I have purchased a few of Mr. Orwell's books and I have really enjoyed all of them. A lot of the same recipes are in each book but each book also offers new recipes. The introductions are the same in each book but it's a very informative intro with easy to understand explanations why the paleo/super foods diets work with your body chemistry and why it's good for you. The books are not expensive at all which drew me to them in the first place and my expectations were low because a lot of cheap/free books on are lacking but these books are great! If you want a great explanation of paleo and you want to start feeling better, get these!!!

I have Crohn's disease, an inflammatory illness of the digestive system, and am constantly looking up info on diet and the effects it has on your body. I went gluten free in 2009 and noticed the change in my digestion immediately. I found the info in this book, in terms of anti-inflammatory foods, spices, and supplements, to be helpful to my situation. I intend to use that info in my daily diet. I will say I have relied heavily on my gluten free bread, pasta, flour, crackers etc. but through reading this book I have come to the conclusion that that was simply not enough. I am up for the challenge and look forward to it. Processed foods are so much a part of American culture it is hard to imagine a diet without them. This book guides you in that direction and provides the info needed to begin eating a healthier and cleaner diet. I made a list of what to buy ( or what I can eat) and what not to buy ( what I should not eat). The recipes look good and I plan on trying them out immediately. I will add that the title of this book is deceiving. By the title I thought I was downloading a cookbook. Just a cookbook. I got so much more. The author gives his experience with diets and the effects they had on his health. This book is a result of his research and experience of/with superfoods and their effects and importance. Superfoods, and their individual importance, are listed and explained. I am very pleased with the valuable info and great recipes I received from this read. Yes, I would recommend.

I love his work. Don't know how he gets so much information in so little space! The book pages are well organized and attractive as I scan through them. Very much appreciate all of it.

this is an awesome book! I was able to score it as a free kindle book, but would gladly pay for it! Great health info in the beginning, and good recipes on the rest! I tried an oatmeal one on my kids this morning and they LOVED it! (hooray, another healthy option!) I am thankful to have found this book and appreciate the recipes already!

Easy to read with valuable information on foods that are rich in antioxidants readily available and not costly. The author explained the progression of numerous health problems and the diets he tried with varying degrees of success. He also gives both vitamins to try in place of some super foods as well as the glycemic index. To top it off not only does he give personal familial issues resolved with super foods but gives many simple recipes to try. I am anxious to see how my health will improve.

Let me start with, I received this book for free in exchange for a honest review. That being said, for me, this book is just OK. I thought it was going to be a cookbook. Meaning lots of recipes with information about superfoods and benefits of them. Now, although it does have a lot of useful information, it feels more like the story of one mans journey to be healthy rather than an actual cookbook. I found myself skimming through a lot of the personal crap to get to the informative stuff and that was a bit annoying. When I did, I enjoyed it. The recipes are OK as well. I like that there are a good variety of simple and more complicated recipes. I like they threw in some ethnic recipes as well. They have vegetarian recipes, meat recipes, it's honestly a good collection of healthy, fairly easy meals to make. So I do like the recipe collection. But, it's still not a cookbook, in the sense that cook books are just a collection of recipes with a small amount of story/educational information in it. This is more of a personal story, with recipes added as a bonus. But for me, it was free. So I can't really complain too much. I would recommend it to people who want to learn some useful information on superfoods and don't mind a personal journey story to go along. But as a cookbook, if that's strictly what you want, go to pinterest and type in "superfood recipes" and skip the life story.

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