



100 Health-Boosting Foods: Facts and Recipes for Super Health

By -

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, 100 Health-Boosting Foods: Facts and Recipes for Super Health, Did you know that avocados can help lower cholesterol and that tomatoes are full of cancer-beating lycopene? From chillis to cranberries and limes to lentils, find out all about 100 foods that will make a real difference to your health. Whether you want to cure a cold, have more energy, lower blood pressure or prevent heart disease, you'll find the 100 best foods here, complete with vital information and research about what each food contains and why it will boost your health. Choose from 100 delicious recipes and serving suggestions to get the best taste and the greatest benefits from your diet.



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Reviews

Very beneficial to all of type of individuals. This can be for those who statte that there had not been a really worth reading. You will not really feel monotony at at any time of your respective time (that's what catalogs are for concerning should you ask me).

-- **Michale Shields**

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-- **Etha Pollich**