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Salads for Weight Loss: Fifth Edition: Over 100 Quick & Easy Gluten Free Low Cholesterol Whole Foods Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation Book 144)

Don Orwell

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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 – they'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!!

Salads for Weight Loss - **fifth edition** contains over 100 Superfoods Salad recipes created with 100% Superfoods ingredients. This 250+ pages long book contains recipes for:
• Superfoods Protein Salads
• Superfoods Vegan Salads
• Superfoods Vegetarian Salads
• Bonus chapter: Superfoods Condiments
• Bonus chapter: Superfoods Appetizers
• Bonus chapter: Superfoods Smoothies
• Bonus chapter: Superfoods Side Dishes

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.

"Our Food Should Be Our Medicine And Our Medicine Should Be Our Food." - Hippocrates 460 - 370 BC

The 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 it'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 today'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 doesn’t restrict any major type of food. If features:

• Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado
• Proteins: Eggs, Farmers cheese, Yogurt, Beans and Lentils
• Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat
• Simple non-processed Dairy: Greek Yogurt, Farmer’s Cheese, Goat Cheese
• Antioxidants: Garlic, Ginger, Turmeric, Cacaa, 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:

• **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

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Sharon Wilson:

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Gary Jensen:

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Violet Jarrell:

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