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## Superfoods Soups Stews: Over 70 Quick Easy Gluten-Free Whole Foods Soups Stews Recipes Full of Antioxidants Phytochemicals: Soups Stews and Chilis, Edition 2 (Paperback)

By Don Orwell

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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!! Superfoods Soups Stews - Edition 2 book contains over 80 Superfoods Soups Stews recipes created with 100 Superfoods ingredients. This 200+ pages long book contains recipes for: Superfoods Soups Superfoods Stews, Chilies and Curries (Edition 2 has 10 more Stews) Superfoods Casseroles Superfoods Crockpot Recipes Bonus chapter: Superfoods Condiments Bonus chapter: Superfoods Appetizers Bonus chapter: Superfoods Smoothies (Edition 2 has 15+ new Green Smoothies) Bonus chapter: Superfoods Side Dishes Most of the meals can be prepared in under 30 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...



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