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SUPERFOODS VEGAN SALADS: OVER 30 VEGAN QUICK EASY GLUTEN FREE WHOLE FOODS RECIPES TO LOSE WEIGHT BOOST ENERGY: SUPERFOODS TODAY COOKING FOR TWO (PAPERBACK)



Createspace Independent Publishing Platform, 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...

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- Authored by Don Orwell
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