



Superfoods For Dummies®, Mini Edition

Shereen Jegtvig, Brent Agin

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Superfoods For Dummies®, Mini Edition Shereen Jegtvig, Brent Agin
Improve your health with superfoods!

This handy guide contains the secrets of the amazing power of superfoods. It shows you how 10 common and tasty foods can help you lose weight, fight off disease, and add more spring to your step. These superfoods will give you more bang for your nutritional buck.

Open the book and find:

- The anti-aging benefits of superfoods
- Easy ways to add superfoods to your diet
- Tips on choosing healthy meals when eating out
- Preparation and storage tips for superfoods

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