



# Dynamic Diet: Revealed: The Secret Superfoods That Help You Live Longer and Look Younger.

By Elaine Hodgkinson

Createspace, United States, 2010. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*.While many foods provide vital nutrients, vitamins and minerals, there are a number of important foods whose benefits go far beyond simple nutrition. These so-called superfoods are valuable at preventing a number of diseases and they should form the basis of any disease prevention regimen. From their role in preventing cancer to their role in reducing the effects of environmental pollutants, these superfoods are extremely valuable to a healthy lifestyle. Dynamic Diet focuses on 30 of the most valuable superfoods available to you in some form or another. These are foods that can help you live longer, feel better and enjoy a much healthier lifestyle and greater level of fitness. Many of these superfoods come in more than one form, making it easy to add variety to your life while enjoying a healthier lifestyle and longer life.



## Reviews

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World Bible Publishers Inc, United States, 2007. Paperback. Book Condition: New. 175 x 107 mm. Language: English . Brand New Book. For God expressed His love for the world in this way: He gave His only Son so that whoever believes in...