



## Superfoods Index: The Top 50 Foods to Boost Your Health and Vitality

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By Seana Smith

Ventura Press. Paperback. Book Condition: new. BRAND NEW, Superfoods Index: The Top 50 Foods to Boost Your Health and Vitality, Seana Smith, Superfoods are the best foods we can eat as they are supercharged with antioxidants, vitamins and all the essential nutrients we need for a life of good health and vitality. Seana Smith tells us in this information-packed book how eating superfoods makes you healthier, happier and even wealthier! Here is the who, what, where and why of the top 50 Superfoods: including nuts, berries, avocado, barley, chia, lean meat, broccoli and thankfully chocolate. With tips on buying, storing and cooking, this supercharged book contains all you need to make your life zing with health and vitality.



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