



Superfruits: (Top 20 Fruits Packed with Nutrients and Phytochemicals, Best Ways to Eat Fruits for Maximum Nutrition, and 75 Simple and Delicious Recipes for Overall Wellness) (Paperback)

By Paul M. Gross

McGraw-Hill Education - Europe, United States, 2009. Paperback. Condition: New. Original. Language: English . Brand New Book ***** Print on Demand *****. Paul Gross, the Berry Doctor, gets beyond the marketing hype on superfruits. By looking at nutrient density, research support and popular appeal, Gross delivers a cornucopia of offerings that can easily enhance well-being. Further, he includes ideas to add the nutrient-rich fruits into the diet, whether via simple suggestions in the breakdown of each offering, a list of the types of products to look for in the supermarket, or by following the creative recipes. Gross enables readers to make proactive choices to enhance their own health. --Heather Granato, Group Editor, Virgo Publishing Dr. Paul Gross has done an excellent job. This book will be an important resource for informing the public about the health effects of fruits. -Gary Stoner, Ph.D., Comprehensive Cancer Center, Ohio State University Dr. Paul Gross's straightforward and well-documented book provides strong direction and clear-cut answers for consumers, based on well-reasoned research and compelling evidence. His use of readily-understandable superfruits criteria and a 5-point system for rating health-beneficial fruits is a welcome answer to consumers seeking the best choices for themselves and their families....



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Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- Romaine Rippin

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lyda Davis II