



Superfoods: What are Superfoods? The Whole Truth About the Dietary Revolution of Superfoods

Jon Navarro, Health Excellence

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Superfoods

The best introductory course on Superfoods for beginners!

Have you ever wondered:

- What are Superfoods?
- Do they really work?
- What does science have to say about it?
- Which are the best Superfoods available?
- Where do I find them?
- What are Goji Berries?
- What are Chia Seeds
- What are the Cocoa Beans
- And many more...

This book has all the answers you are going to need.

This is the definitive beginner's guide on Superfoods.

Whatever you will need as a beginner about **Superfoods**, it is found in this book.

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Rosemarie Nicoll:

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