



The Superfoods Rx Diet: Lose Weight with the Power of SuperNutrients

By Wendy Bazilian, Steven Pratt, Kathy Matthews

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Rather than concentrating on the balance of protein, fat, and carbohydrates, *The SuperFoodsRx Diet* utilizes the incredible benefits of micronutrients - vitamins, minerals, bioflavonoids, fiber, antioxidants, and other phytochemicals - to burn calories. These powerhouse nutrients found in the 14 SuperFoods actually boost your body's metabolism, and the specific combinations in this plan will give you the best results possible.

Based on extensive research and studies with real people, *The SuperFoodsRx Diet* will help you reach your optimum weight by showing you:

- how to lose up to one inch off your waist and up to 5 pounds during your very first week
- which SuperFoods may reduce cravings
- why SuperFoods dieters get to eat more food while losing weight
- how the built-in flexibility of this plan and the delicious, simple recipes will make *The SuperFoodsRx Diet* your lifelong guide to good, healthy eating

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Editorial Review

Review

In a nutshell: The authors expand their list of 14 foods in 2003's SuperFoods Rx to include new picks and pices like cinnamon and turmeric. Plus, menus, shopping lists, and recipes help you drop pounds.

Try this if you need a plan to change how you eat. This book gives you smart ways to add fruits and veggies to your meals.

The bottom line: Eating nutrient-dense fruits and vegetables to lose weight is a slam-dunk strategy. --
Health Magazine, Jan/Feb 2008

From the Inside Flap

The SuperFoodsRx approach to weight loss is super simple: Consume high-quality SuperNutrient SuperFoods every day, and weight loss can be automatic.

Blockbuster best-selling SuperFoodsRx identified a variety of SuperFoods that could change your life, preventing disease and significantly improving your health. Delicious favorites such as blueberries, walnuts, salmon, and turkey were proven to increase energy and longevity. Now the authors provide an even more remarkable discovery--these same scrumptious foods can effectively and immediately promote weight loss.

Groundbreaking research has shown the secret lies in the power of SuperNutrients and their synergy. When the nutrients in these foods are combined, their effects on the body amplify--accelerating weight loss.

In The SuperFoodsRx Diet, the authors present a cutting-edge diet that provides you with everything you need to reach your optimal weight. You will understand, for example, how vitamin C in oranges has a powerful ability to break down fat; how new evidence suggests that green and black teas have thermogenic properties that increase metabolism, enhance fat burning, and decrease the tendency to store fat; and how the probiotics in yogurt enhance gastrointestinal health and aid you in metabolizing calories.

The SuperFoodsRx Diet presents a full diet program with simple and totally flexible meal plans, easy and delicious recipes, and countless tips and strategies that you will need to reach your weight-loss goal and achieve your greatest weight loss success. By following this remarkable advice, you can finally have the body you've always wanted--the safe and healthy way.

From the Back Cover

Use the power of SuperNutrients to lose weight Super Fast! The SuperFoodsRx Diet is the metabolism-boosting, disease-fighting, longer-life way to lose weight you've been searching for. . .

If you're tired of fad diets, weight-loss pills, the vicious cycle of yo-yo dieting, or never reaching your goals, then maybe it's time you tried a weight-loss program that will help you lose all the weight you want while actually improving your health.

The SuperFoodsRx Diet is based on extensive research that shows that the same 14 SuperFoods that have been proven to boost your health and extend your life can also be the most effective foods for accelerating weight loss. In this book, you will learn about the unique SuperNutrient properties of each SuperFoods and how every one of them comes together to trigger weight loss. Add to that a full diet program that combines and balances the weight-loss properties of each of these incredible foods, giving you astounding results while

you are eating delicious foods such as blueberries, salmon, avocado, and walnuts. This effective and pleasing diet combines the healthiest foods on earth and teaches you how to use them to your own weight-loss advantage.

With this book you can:

- Lose up to 2 inches off your waist and up to 8 pounds during the first 2 weeks
- Reduce cravings while increasing energy
- Eat more food while losing weight
- Learn the secret to portion control
- Enjoy a wide variety of simple, interchangeable recipes
- Feel amazing and look amazing, fast
- Succeed at losing excess weight--and keeping it off--for good.

Users Review

From reader reviews:

Shawn Francis:

Now a day those who Living in the era exactly where everything reachable by talk with the internet and the resources in it can be true or not require people to be aware of each details they get. How a lot more to be smart in having any information nowadays? Of course the correct answer is reading a book. Examining a book can help folks out of this uncertainty Information particularly this The Superfoods Rx Diet: Lose Weight with the Power of SuperNutrients book because book offers you rich details and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you probably know this.

Betty Edmond:

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Barbara Wheat:

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Tammy Carver:

Within this era which is the greater person or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple strategy to have that. What you have to do is just spending your time little but quite enough to have a look at some books. One of the books in the top list in your reading list is The Superfoods Rx Diet: Lose Weight with the Power of SuperNutrients. This book that is certainly qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking right up and review this guide you can get many advantages.

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