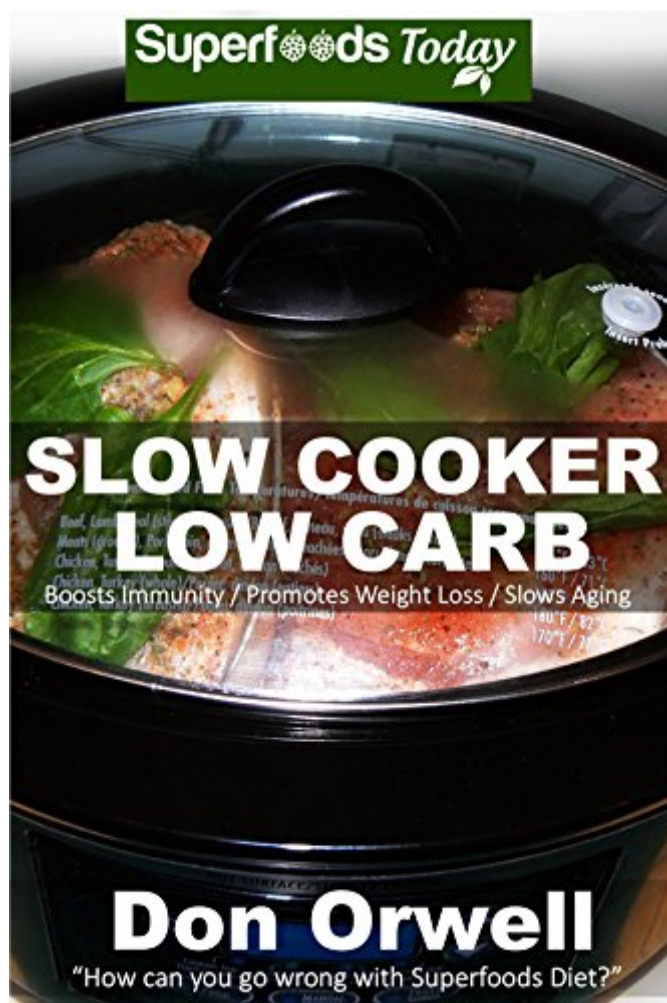


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Synopsis

How Can You Go Wrong With Superfoods-Only Diet?FACT:Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer â€œ theyâ€™re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!!Slow Cooker Low Carb book contains low carb recipes from my other Superfoods books. Recipes are not for induction phase, they are more for phase 4, lifetime maintenance. Some ingredients have little bit more carbs and they are marked as optional and it is up to you to include them. All recipes are created with 100% Superfoods ingredients. This 200 pages long book contains recipes for: â€¢ Superfoods Stews, Chilies and Curries â€¢ Superfoods Casseroles â€¢ Superfoods Crockpot Recipes â€¢ Bonus chapter: Superfoods Stir Fries â€¢ Bonus chapter: Superfoods Side DishesMost of the meals can be prepared in under 15 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. â€œOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â€• - Hippocrates 460 - 370 BCThe best thing about Superfoods Diet is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Diet works because itâ€™s return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or todayâ€™s hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance.Superfoods Diet is the only diet that doesnâ€™t restrict any major type of food. It features: â€¢ Healthy Fats: Olive Oil, Nuts, Seeds, Coconut Oil, Avocado â€¢ Proteins: Salmon, Beans, Organic Chicken, Grass-Fed Beef, Pork Tenderloin, Lentils â€¢ Non-gluten Carbs: Fruits, Vegetables, Oats, Brown Rice, Quinoa, Buckwheat â€¢ Simple non-processed Dairy: Greek Yogurt, Farmerâ€™s Cheese, Goat Cheese â€¢ Antioxidants: Garlic, Ginger, Turmeric, Cacao, Cinnamon, Berries Superfoods are basically nutrients packed foods especially beneficial for health and well-being. After eating these superior sources of anti-oxidants and essential nutrients for only a week or two you will: â€¢ Start losing weight and boost energy â€¢ Get rid of sugar or junk food cravings â€¢ Lower your blood sugar and stabilize your insulin level â€¢ Detox your body from

years of eating processed foods • Lower your blood pressure and your cholesterol • Fix your hormone imbalance and boost immunity • Increase your stamina and libido • Get rid of inflammations in your body Would You Like To Know More?Download and start getting healthier today.Scroll to the top of the page and select the buy button.

Book Information

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Customer Reviews

Some good recipes. A few I have seen before and some I've seen a lot just altered a bit. But awesome for someone that doesn't cook or know how too. This is a good time saver. I enjoy having my low carb healthy meal ready when I come home from work.

This is a great recipes book, that offer high variety of recipes, clear descriptions and pictures for every meal. I was especially happy to find so many different soups recipes, therefore really looking forward to tried them out.

With little direction and there were only 4 nutritional content entries. Typically in a recipe book

there's a nutritional analysis at the end of each recipe.

I found many tasty recipes in this cookbook to work with my low carb diet. It makes it so much easier to stay "on the rails" with a slowcooker!

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