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SUPERFOODS FOR LIFE, CACAO (PAPERBACK)



FAIR WINDS PRESS, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book. Are you craving chocolate? Go ahead, give in! Cacao--raw chocolate--often referred to as food of the gods is high in antioxidants. It is also an excellent source of magnesium, iron, chromium, manganese, zinc, and copper. A good source of omega-6 fatty acids and rich in hearthealthy oleic acids, it will boost your mood, improve cognition and help lessen stress! Sounds too good to be true....

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- Authored by Matt Ruscigno
- Released at 2014



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Reviews

Thorough guideline! Its this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Sallie Wiegand

It is great and fantastic. It can be writter in easy phrases and never hard to understand. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you request me).

-- Michel Halvorson

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