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Slow Cooking for One: Over 160 Quick Easy Gluten Free Low Cholesterol Whole Foods Slow Cooker Meals Full of Antioxidants Phytochemicals (Paperback)

By Don Orwell

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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 - they 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 Cooking for One - 12th edition has various Slow cooking meals measured for one or two. All recipes are created with 100 Superfoods ingredients. This 250+ pages long book contains recipes for: - Superfoods Soups - Superfoods Stews, Chilies and Curries Most of the meals can be prepared in under 10 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Our Food Should Be Our Medicine And Our Medicine Should Be Our Food. - Hippocrates 460 - 370 BC The best thing about Superfoods Diet is that it will keep your appetite and cravings under...



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