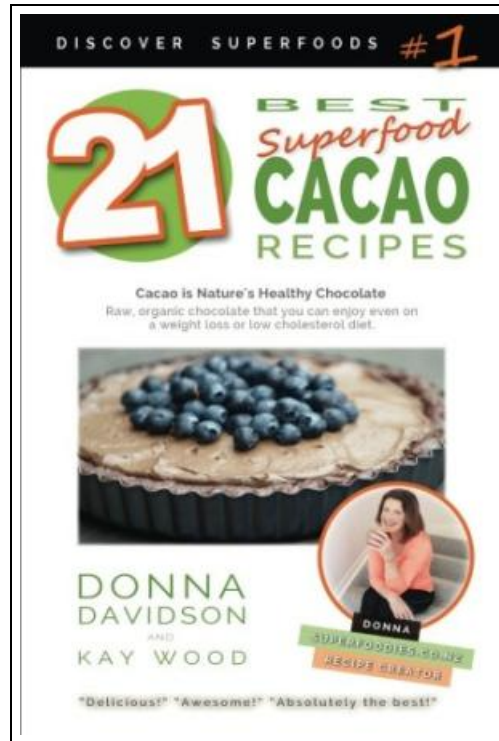


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Super Healthy Kiwi Publishing, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Can, so-called, superfoods really help you be healthier and feel better? Good question. Author, Donna Davidson, says, I m often asked things like, -Can learning how to make chocolate recipes and homemade chocolates from a costlier raw, organic version of chocolate really be so much better for you?- Or, -Can Cacao and other so-called superfoods seriously contribute to a low cholesterol diet or help someone trying to achieve weight loss, or battle debilitating health problems?- Actually, that s exactly what happened for me. Today, 5 years on from my first tentative superfoods experiments , I m healthier and feeling better than I had felt for years, in my pre-superfoods days. And I m not alone. Here are just 3 stories from ordinary people trying out superfoods for themselves: Annemarie: Nick, my husband, has been using the green smoothie powder and is really noticing the benefits - he is a landscaper so needs the energy - plus he has sinus problems and this has really helped with that as well. Brilliant. Sigrid: Still going strong with the smoothies and have one most days. Really like them and I think they are helping me cope with the stresses of my current life - very sick husband, work, coping with ten staff, visitors and the rest of the daily grind. Michele M: I am having a smoothie every morning and my Green Smoothie Shot and the great thing is, I have been able to stop taking the Laxsol tablets that I have had to take for years. I decided to stop taking them straight away because they aren t life threatening (just uncomfortable if this didn t work) to see if the Chia...



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