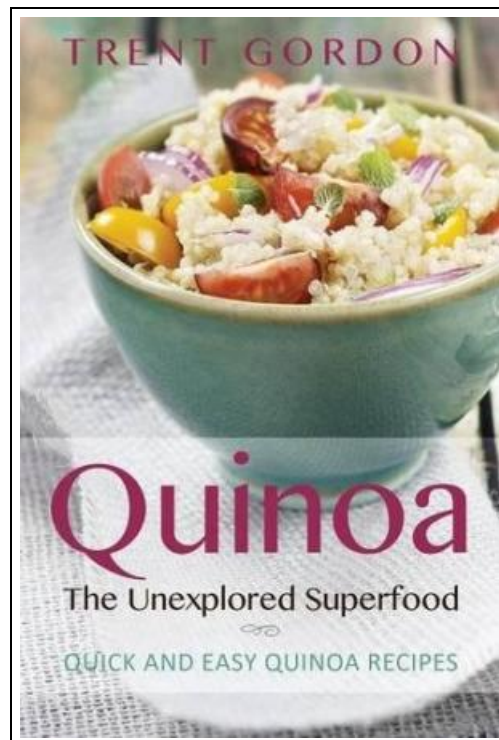


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Speedy Title Management LLC, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Quinoa has been called the gold of the Incas, and for good reason. Quinoa has immense nutritional benefit. Here are some of the benefits of quinoa, and why you should eat more of it. Primarily they are Complete Proteins. Not only is Quinoa high in protein, but it s high in complete protein. Complete protein is unlike regular protein because it has all nine of the essential amino acids. This makes it a fantastic choice for vegetarians and vegans who are concerned about proper protein intake. It improves cardiovascular health tremendously. Quinoa can improve cardiovascular health because it s rich in magnesium, a mineral that s been proven to relax blood vessels. People with low levels of magnesium have a higher chance of increased hypertension, heart arrhythmia s, and heart disease. Quinoa can help prevent these potential health problems by offering proper amounts of magnesium. Quinoa, The Unexplored Super food shows the best recipes that you can use to improve your life today.



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