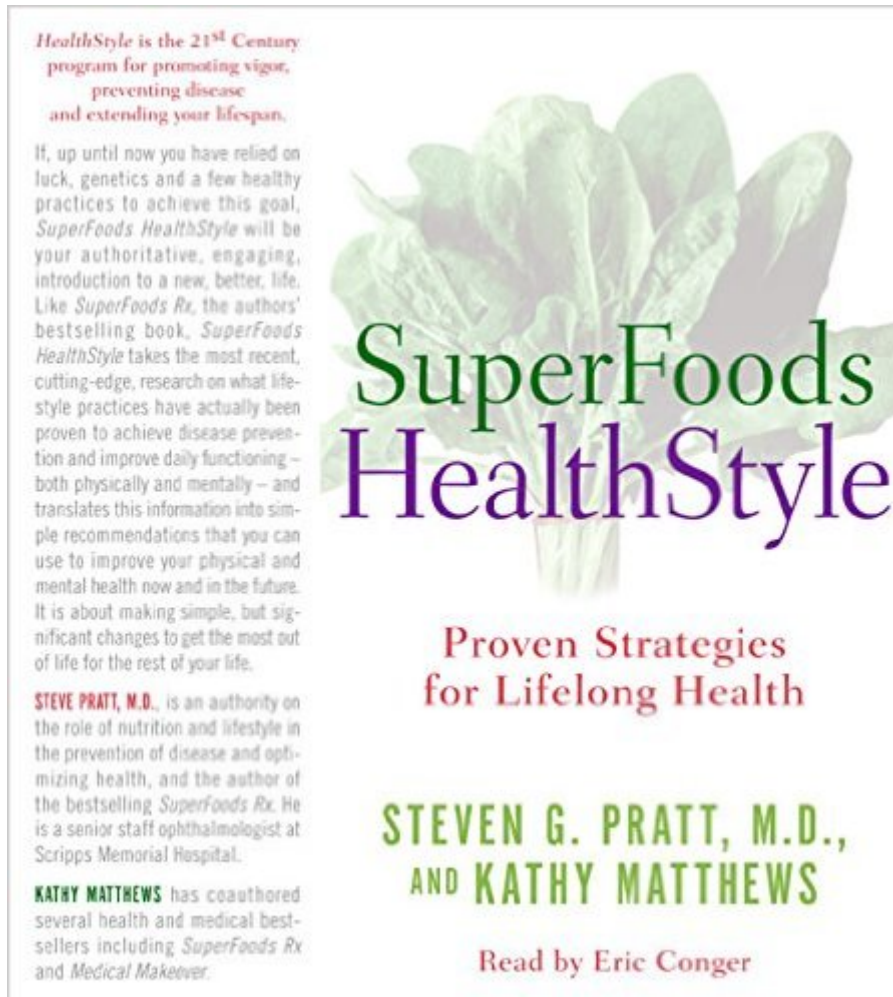


The book was found

# SuperFoods Audio Collection CD: Featuring Superfoods Rx And Superfoods Healthstyle



## Synopsis

HealthStyle is the 21st Century program for promoting vigor, preventing disease and extending your lifespan. If, up until now you have relied on luck, genetics and a few healthy practices to achieve this goal, SuperFoods HealthStyle will be your authoritative, engaging, introduction to a new, better, life. Like SuperFoods Rx, the authors' bestselling book, SuperFoods HealthStyle takes the most recent, cutting-edge, research on what lifestyle practices have actually been proven to achieve disease prevention and improve daily functioning -- both physically and mentally -- and translates this information into simple recommendations that you can use to improve your physical and mental health now and in the future. It is about making simple, but significant changes to get the most out of life for the rest of your life. SuperFoods Rx is based on a simple but profound premise: some foods are dramatically better than others for our health and longevity. Steven Pratt, M.D., witnessed the positive results that occurred when his patients changed their diets to include certain powerhouse foods -- those he has identified as SuperFoods. Backed by research on 14 of the most nutrient-dense foods, this audio gives you the tools to more energy, protection against disease, and a healthy lifestyle.

## Book Information

Audio CD

Publisher: HarperAudio; Abridged edition (December 27, 2005)

Language: English

ISBN-10: 0060855797

ISBN-13: 978-0060855796

Product Dimensions: 6.6 x 0.8 x 5.9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (4 customer reviews)

Best Sellers Rank: #2,282,154 in Books (See Top 100 in Books) #114 in Â Books > Books on CD > Cooking, Food & Wine #1178 in Â Books > Books on CD > Health, Mind & Body > General #4577 in Â Books > Books on CD > General

## Customer Reviews

The message is very clear, well explained and motivating. I listen while I drive and it really helps remind me what I should be eating. I'd give it "10" stars if I could!

I fully endorse this CD and the book also. It is the common denominator of the basic super foods

everyone should be eating daily if one wants abundant health. Steven Pratt's health style food pyramid transcends the USDA basic food pyramid. Here are the 14 super foods everyone should be incorporating into their daily diet: apples, avocado, beans, blueberries, broccoli, cinnamon, dark chocolate, dried super fruits, evoo, garlic, honey, kiwi, low fat yogurt, oats, onions, oranges, pomegranates, pumpkin, soy, spinach, tea, tomatoes, and turkey. With foods like this, how can one lose? F

Great collection of information and guidanceWe need to know more about our foods and how they help usI recommend this to anyone wanting to improve their health through natural foods.

I think everyone should listen to this CD or read the book. Lots of info on food that we don't know about.

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SuperFoods Audio Collection CD: Featuring Superfoods Rx and Superfoods Healthstyle Whole Cooking and Nutrition: An Everyday Superfoods Approach to Planning, Cooking, and Eating with Diabetes Superfood Juices & Smoothies: 100 Delicious and Mega-Nutritious Recipes from the World's Most Powerful Superfoods The Tastemakers: Why We're Crazy for Cupcakes but Fed Up with Fondue (Plus Baconomics, Superfoods, and Other Secrets from the World of Food Trends) Peruvian Power Foods: 18 Superfoods, 101 Recipes, and Anti-aging Secrets from the to the Andes Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer, Live Healthy and Boost Your Energy The Happy Family Organic Superfoods Cookbook For Baby & Toddler A Guide to Juicing, Raw Foods & Superfoods: Eat a Healthy Diet & Lose Weight (Reluctant Vegetarians) The American Experience: A Collection of Great American Stories (Classic Collection (Brilliance Audio)) Star Wars Art: A Poster Collection (Poster Book): Featuring 20 Removable, Frameable Prints Perfect Beauty: A HIGH QUALITY EROTIC BABE COLLECTION FEATURING SOME OF THE HOTTEST PERFECT BABES. American Collection Ranch Style: 200 New House Plans (The American Collection) (The American Collection) Ventures Level 1 Value Pack (Student's Book with Audio CD and Workbook with Audio CD) Ventures Level 2 Value Pack (Student's Book with Audio CD and Workbook with Audio CD) Harry Potter und der Halbblutprinz - 22 Audio Compact Discs (German audio edition of Harry Potter and the Half-Blood Prince) (German Edition) Romeo and Juliet 3 Audio CD Set (New Cambridge Shakespeare Audio) Ventures Level 3 Value Pack (Student's Book with Audio CD and Workbook with Audio CD) Holy Bible: New American Standard Version, Audio Bible-Complete Old and New Testament on 60 Audio CDs-Digitally

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