



Supernaturawl Newtrition (Paperback)

By Karen a Di Gloria

Createspace, United States, 2013. Paperback. Book Condition: New. 234 x 190 mm. Language: English . Brand New Book ***** Print on Demand *****. This book is a guide to a realistic approach to achieving your optimum weight, health and wellness goals while never having to feel deprived of the sweet tastes and savory, rich flavors that can bring joy, satisfaction and pure ecstasy! We can be inspired and motivated to explore healthful raw and living food alternatives to traditional and conventional ingredients by delving into the many natural foods, superfoods and superherbs nature gives us. Have you ever dreamed of having the ability to restore your foundational health and well-being? I will take you through my personal journey into the raw lifestyle and share a plethora of my research, resources and tips: * Quality above all! Learn why the quality of a food can be more vital than the food itself. Meaning, the place of origin (where it grows), growing and harvesting conditions (grown organically or wild-crafted) and post-harvesting practices (methods utilized for food-processing and preservation). * You are what you eat! Gain a better understanding of the biochemistry of food and how it directly affects the biochemistry of the human...

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