

Power of Superfoods: 30 Days That Will Change Your Life



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This is the first book I have had the privilege to write. I hope that you will read it carefully and consider changing your eating habits to a more healthful and powerful program. You will never regret it. For more than a quarter of a century, more than half my life, I have focused on nutritional research. My dream is to relieve suffering and allow humanity optimal good health for a better world. Consequently, I have never charged money for a lecture series, preferring to share my knowledge in a free and natural style. To be consistent with my ideals, this book is written on 100% recycled paper, typed with biodegradable vegetable inks; it contains a tree clause that for every 100 books sold, the Girl Guides or Boy Scouts of Canada and/or the United States will plant a tree.

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