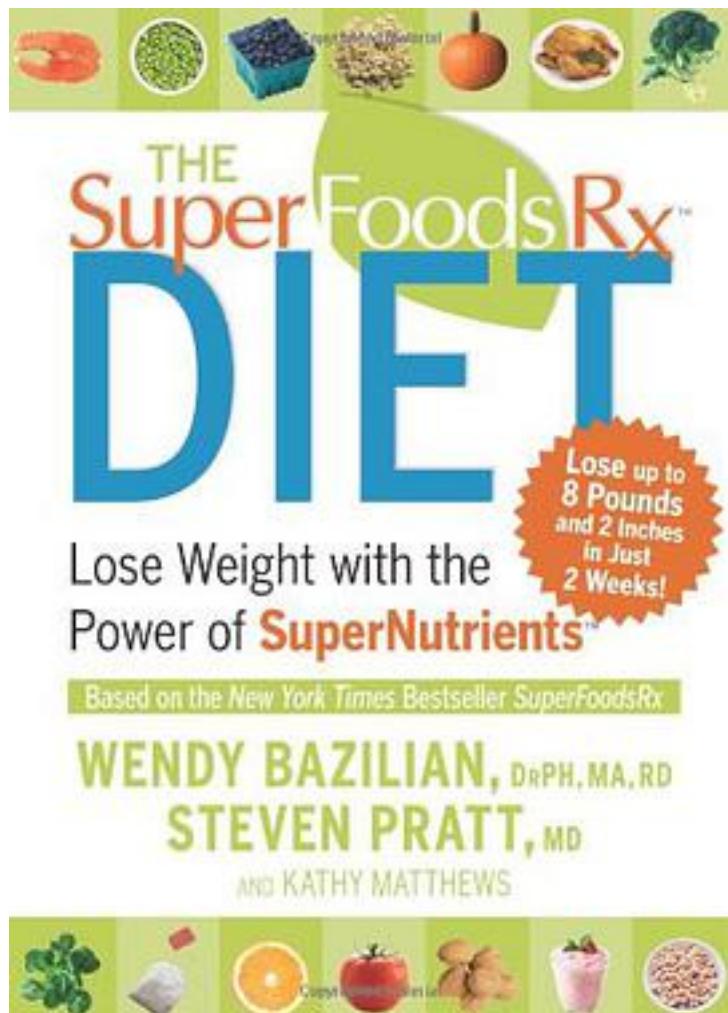


The Superfoods RX Diet



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Blockbuster bestseller "SuperFoodsRx" identified a variety of SuperFoods that prevent

disease and significantly improve health. In this follow-up diet plan--fully tested in two intensive 30-day trials involving more than 100 volunteers--the authors show how a diet rich in these powerhouse nutrients also helps one to lose weight. The "Los Angeles Times" listed the hardcover edition in its list of notable weight-loss books. And all across the nation the verdict from satisfied, successful dieters is coming in fast--this is a weight-loss program that health-conscious dieters want to make their lifetime eating plan.

作者介绍:

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