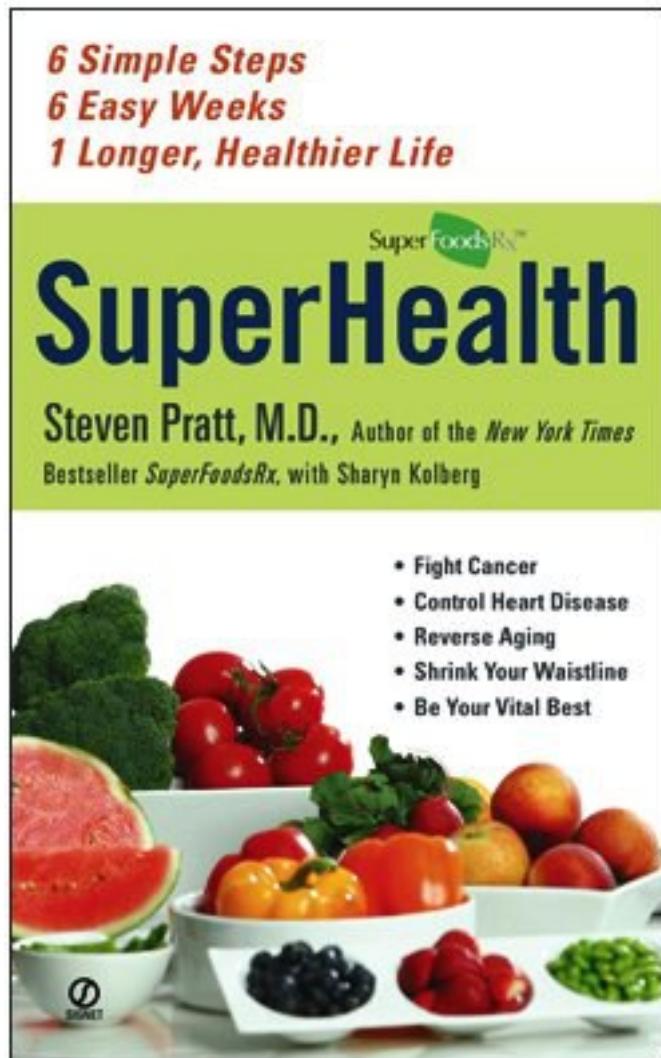


Superhealth



[Superhealth_下载链接1](#)

著者:Steven Pratt

出版者:Signet

出版时间:2010-01-05

装帧:Paperback

isbn:9780451227621

New York Times bestselling author of SuperFoods RX

Dr. Steven Pratt explains how readers can achieve SuperHealth by adding the 25 SuperFoods and 15 SuperNutrients—including the newest SuperLongevity Nutrient, Vitamin D—to their diet. Readers will be able to eat more sumptuously than ever before—chocolate, red wine, fresh nut butters, gourmet tea—with so much variety that bad, disease-causing eating and lifestyle habits will be edged out of their lives forever.

作者介绍:

目录:

[Superhealth_下载链接1](#)

标签

YOGA

评论

[Superhealth_下载链接1](#)

书评

[Superhealth_下载链接1](#)