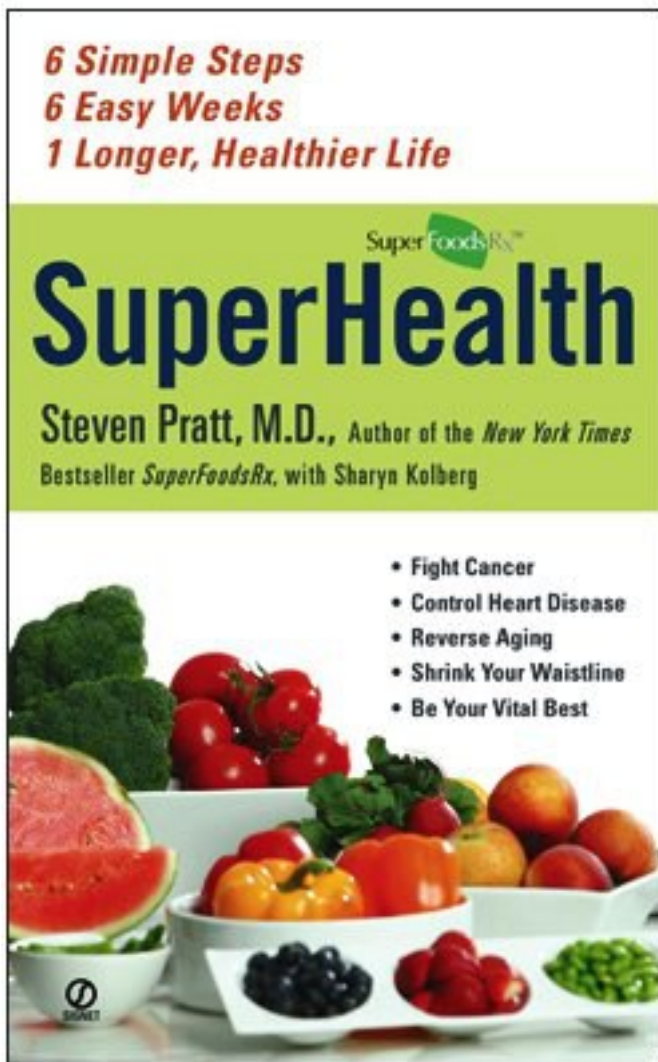


# Superhealth



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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.

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