

SuperFoods Rx: Fourteen Foods That Will Change Your Life

By Steven G., M.D. Pratt, Kathy Matthews

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The super-bestselling book that's enhancing Americans' health

By eating the fourteen SuperFoods highlighted in Dr. Steven Pratt's instant bestseller, you can actually stop the incremental deteriorations that lead to common ailments and diseases

- Beans -- reduce obesity
- Blueberries -- lower risk for cardiovascular disease
- Broccoli -- lowers the incidence of cataracts and fights birth defects
- Oats -- reduce the risk of type II diabetes
- Oranges -- prevent strokes
- Pumpkin -- lowers the risk of various cancers
- Wild salmon -- lowers the risk of heart disease
- Soy -- lowers cholesterol
- Spinach -- decreases the chance of cardiovascular disease and age-related macular degeneration
- Tea -- helps prevent osteoporosis
- Tomatoes -- raise the skin's sun protection factor
- Turkey -- helps build a strong immune system
- Walnuts -- reduce the risk of developing coronary heart disease, diabetes, and cancer

* Yogurt-promotes strong bones and a healthy heart

SuperFoods Rx includes recipes created by Chef Michel Stroot of the Golden Door Spa and teaches you how to incorporate SuperFoods and their sidekicks into your diet. *SuperFoods Rx* is an indispensable guide to a healthy, long, and energetic life.

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Editorial Review

About the Author

Steven G. Pratt, M.D., is a world-renowned authority on the role of nutrition and lifestyle in the prevention of disease and optimization of health. He is a senior staff ophthalmologist at Scripps Memorial Hospital in La Jolla, California.

Kathy Matthews is a bestselling author of fifteen books, including the *New York Times* bestseller *SuperFoods Rx* with Dr. Steven Pratt.

Users Review

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