



# **Superfoods Today Smart Carbs 20 Days Detox: 160 recipes to Detox your Body, Lose Weight & Boost Your Energy (Volume 13)**

*Don Orwell*

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## **How Can You Go Wrong With Superfoods-Only Detox?**

What are Superfoods Smart Carbs? They are:

- Non-refined carbs, full of vitamins, minerals, fibers and antioxidants.
- Carbs that have low glycemic index; they don't spike blood sugar and insulin.
- Carbs that don't disrupt your hormones.
- Carbs that don't cause addiction and binging.
- Carbs that don't stimulate your appetite.

Superfoods covered in this 470+ pages long book are regular, everyday Superfoods, like spinach, broccoli, quinoa, olive oil, garlic, kale, salmon, ginger, avocado, berries, flax seeds; basically nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. After eating these superior sources of anti-oxidants and essential nutrients for only few weeks you will:

- **Start losing weight and boost energy**
- Get rid of sugar or junk food cravings
- **Lower your blood sugar and stabilize your insulin level**
- Detox your body from years of eating processed foods
- **Lower your blood pressure and your cholesterol**
- Fix your hormone imbalance and boost immunity
- **Increase your stamina and libido**
- Get rid of inflammations in your body

## **“Our Food Should Be Our Medicine And Our Medicine Should Be Our Food.” - Hippocrates 460 - 370 BC**

Superfoods Today Smart Carbs 20 Days Detox contains over 160 Superfoods recipes created with 100% Superfoods ingredients. This 470+ pages long book contains recipes for:

- Appetizers
- Soups
- Condiments
- Breakfast
- Salads
- Grilled meats
- Side dishes
- Crockpot recipes
- Casseroles

- Stews
- Stir fries
- Sweets

Most of the meals can be prepared in just 10 minutes. Each recipe combines Superfoods ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more.

## Would You Like To Know More?

Download and start getting healthier today. Scroll to the top of the page and select the buy button.

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