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SuperFoods HealthStyle

Proven Strategies
for Lifelong Health

STEVEN G. PRATT, M.D.,
AND KATHY MATTHEWS

Authors of the Bestselling Superfoods



HarperCollins, United Kingdom, 2006. Hardback. Book Condition: New. 231 x 163 mm. Language: English . Brand New Book. Recognizing that optimal health in the 21st century is a blend of information, motivation and inspiration, SuperFoods HealthStyle presents the most up to date information on how to create a personal HealthStyle. Steve Pratt and Kathy Matthews show how to remain healthy, vigorous and optimistic in a season?by?season format with tips, recipes and information pertinent to the time of year. With more...

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