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SUPER Life, SUPER Health

By the Editors of FC&A



Super Life Super Health

Trish Power



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Super Life, Super Health Frank W. Cawood and Associates,1999-07 **Superhealth** Steven Pratt,Sharyn Kolberg,2009-01-01 Outlines scientifically supported methods for losing weight fighting disease and improving energy levels by eating strategic food combinations describing a six week program for embracing a healthier lifestyle and detoxifying the body **Your Super Life** Michael Kuech,Kristel de Groot,2023-04-18 With a foreword by Dr William Li New York Times bestselling author of Eat to Beat Disease From the founders of the popular superfood brand Your Super comes a beautiful cookbook designed to supercharge health and healing with a customizable plant based diet and 100 delicious recipes After his surprise cancer diagnosis at twenty four Michael Kuech radically shifted his diet Realizing the powerful connection between food and wellness Michael together with his college sweetheart and now wife Kristel de Groot adopted a plant based diet infused with natural rejuvenating superfoods The experience was life changing Michael quickly regained his health and rebuilt his immune system They were both sleeping better feeling stronger and had more energy Inspired by this powerful personal experience Michael and Kristel have built a thriving business sharing their lifestyle and superfoods with the world Nine years and 2 million customers later Your Super sells superfood mixes immune boosters and meal plans harnessing the power of plants to supercharge health and healing In their first cookbook Michael and Kristel will teach readers how to tap into the natural healing power of nature s superfoods with 100 recipes featuring an array of potent healing ingredients Enjoy inspired dishes like Berry Overnight Oats Sweet Potato Toast Eggplant Pasta and Turmeric Bounty Balls while improving your health in meaningful and targeted ways including renewed energy weight loss increased immunity improved sleep less hunger fewer cravings reduced inflammation and bloating reduced risk of chronic diseases Your Super Life is ideal for anyone who wants to optimize their health and feel their best while enjoying delicious and nourishing food *Super Life Secret Codes* Great Sun,2010-12 You must have possession of and thoroughly understand this book in order to obtain Your ultimate success Your family to be healthy and safe A pleased and self content career Financial stability Your wishes come true A romantic marriage or relationship Relief from stress and troubles Protection from various social toxins Escape from a difficult circumstance Freedom to enjoy the love of the Universe A happy family and successful children An auspicious and safe living environment Friendly neighbors and a peaceful society A society that changes for the better A world cleared of disasters and blessed with peace *Life* ,1918 **The Playbook** Billy Guidry,2018-04-24 If you re serious about getting your money right I created for you a 400 Page MASSIVE book also available as an eBook to change the way you approach success and business I lay out the strategies you need to get you from just getting by to prosperity and even wealth if you choose Water, The Shocking Truth Paul Chappuis Bragg,2004 Super Agent Joseph Callaway,JoAnn Callaway,2014-03-25 Reading Super Agent is like spending a day with two of the most successful real estate agents in America Joseph and JoAnn Callaway sell 300 to 500 high end homes per year Now they share the secrets of their incredible

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