



Superhealth: 6 Simple Steps, 6 Easy Weeks, 1 Longer, Healthier Life

Steven Pratt, Sharyn Kolberg

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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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