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The Healthiest Foods in the World: 22 Foods You Should Eat Every Day and Their Amazing Heath Benefits

Casey Stark

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The Healthiest Foods in the World

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Do you want to know what the healthiest foods in the world really are? Do you want to eat the best diet possible? In this book I am going to tell you exactly what foods you should be eating every single day and how they will benefit you and your overall health. I'm going to go into the reason why I decided to include each food so that you can pick and choose the benefits that apply most to you. Everyone's priorities and what they want to get out of their food is different. So it will be up to you to choose the ones that give you the best benefits based on your needs. This book is fantastic for smoothie lovers in particular. I combine many of these foods in various ways in my smoothies to create some amazing flavors and to gain multiple health benefits at the same time. I also throw in some coconut oil and some essential oils to really give it a nice boost! But any combination of the foods I mention in this book will give you a fantastic super smoothie for you to enjoy every day! If you're not into smoothies, then just eat them as they are, as a snack or as part of a meal! If you eat these foods every day, you will soon feel the health benefits and you will notice the difference in your energy levels and vitality.

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