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# SuperFoods Audio Collection CD: Featuring Superfoods Rx And Superfoods Healthstyle

*HealthStyle* is the 21<sup>st</sup> Century program for promoting vigor, preventing disease and extending your lifespan.

If, up until now you have relied on luck, genetics and a few healthy practices to achieve this goal, *SuperFoods HealthStyle* will be your authoritative, engaging, introduction to a new, better, life. Like *SuperFoods Rx*, the authors' bestselling book, *SuperFoods HealthStyle* takes the most recent, cutting-edge, research on what lifestyle practices have actually been proven to achieve disease prevention and improve daily functioning – both physically and mentally – and translates this information into simple recommendations that you can use to improve your physical and mental health now and in the future. It is about making simple, but significant changes to get the most out of life for the rest of your life.

**STEVE PRATT, M.D.**, is an authority on the role of nutrition and lifestyle in the prevention of disease and optimizing health, and the author of the bestselling *SuperFoods Rx*. He is a senior staff ophthalmologist at Scripps Memorial Hospital.

**KATHY MATTHEWS** has coauthored several health and medical best-sellers including *SuperFoods Rx* and *Medical Makeover*.



Proven Strategies  
for Lifelong Health

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

Read by Eric Conger



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## **Synopsis**

HealthStyle is the 21st Century program for promoting vigor, preventing disease and extending your lifespan. If, up until now you have relied on luck, genetics and a few healthy practices to achieve this goal, SuperFoods HealthStyle will be your authoritative, engaging, introduction to a new, better, life. Like SuperFoods Rx, the authors' bestselling book, SuperFoods HealthStyle takes the most recent, cutting-edge, research on what lifestyle practices have actually been proven to achieve disease prevention and improve daily functioning -- both physically and mentally -- and translates this information into simple recommendations that you can use to improve your physical and mental health now and in the future. It is about making simple, but significant changes to get the most out of life for the rest of your life. SuperFoods Rx is based on a simple but profound premise: some foods are dramatically better than others for our health and longevity. Steven Pratt, M.D., witnessed the positive results that occurred when his patients changed their diets to include certain powerhouse foods -- those he has identified as SuperFoods. Backed by research on 14 of the most nutrient-dense foods, this audio gives you the tools to more energy, protection against disease, and a healthy lifestyle.

## **Book Information**

Audio CD

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Average Customer Review: 5.0 out of 5 starsÂ  See all reviewsÂ  (4 customer reviews)

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## **Customer Reviews**

The message is very clear, well explained and motivating. I listen while I drive and it really helps remind me what I should be eating. I'd give it "10" stars if I could!

I fully endorse this CD and the book also. It is the common denominator of the basic super foods

everyone should be eating daily if one wants abundant health. Steven Pratt's health style food pyramid transcends the USDA basic food pyramid. Here are the 14 super foods everyone should be incorporating into their daily diet: apples, avocado, beans, blueberries, broccoli, cinnamon, dark chocolate, dried super fruits, evoo, garlic, honey, kiwi, low fat yogurt, oats, onions, oranges, pomegranates, pumpkin, soy, spinach, tea, tomatoes, and turkey. With foods like this, how can one lose? F

Great collection of information and guidance We need to know more about our foods and how they help us! I recommend this to anyone wanting to improve their health through natural foods.

I think everyone should listen to this CD or read the book. Lots of info on food that we don't know about.

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