



Nutrition for Healthy Living: Quinoa Superfood and Intermittent Fasting

Foster Lois, Nelson Kelly

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Nutrition for Healthy Living: Quinoa Superfood and Intermittent Fasting Nutritional healing is possible, even if you suffer from a chronic illness or feel like health problems are inevitable. This book includes plenty of information about diet and nutrition to help you figure out the best way to improve your diet. With these recipes, you'll be able to avoid major health problems, feel better, and rebalance your body. It might take a little time, but if you stick with it, you're sure to live longer and live better. Not every nutrition textbook will give you this information. In fact, there are plenty of nutrition guide books out there that don't recognize the role of good food in good health. Studies have shown, however, that nutrition, diet and exercise are key parts of avoiding cancer, retaining healthy vision, maintaining good cognition, and keeping your emotions on an even keel. Nutrition books that don't recognize this fact are encouraging you to risk your health and even your life. The recipes in this book are designed to save you from the wide range of health problems that can be caused or exacerbated by bad eating. They focus on protein-rich foods such as quinoa, a South American grain-like food that is known for encouraging long life. This book will also give you all the information you need to understand the value of not eating a lot of food all the time. Our systems weren't designed to take this kind of constant use, making it important to give them an occasional break. If you're tired of dealing with health problems or the prospect of developing them, it's time to make a change. Spend some time checking out great recipes such as our quinoa pizza or a healthy breakfast burrito, and get your nutrition profile back on track.

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