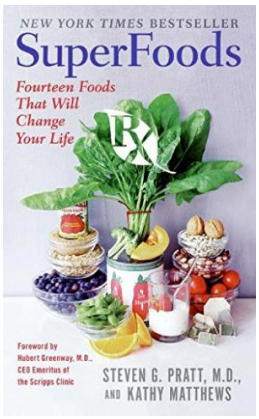
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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Superfoods RX: Fourteen Foods That Will Change Your Life, Steven Pratt, Kathy Matthews, "Superfoods Rx" focuses on 14 functional foods, which are high in micronutrients (vitamins, minerals, phytonutrients) versus macronutrients (fats, carbs, proteins). Dr. Pratt shows that if you fill your "tank" with the right foods, chances of living a long, disease free life are better. In addition to the scientific data, "SuperFoods Rx" teaches readers how to incorporate these foods...

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