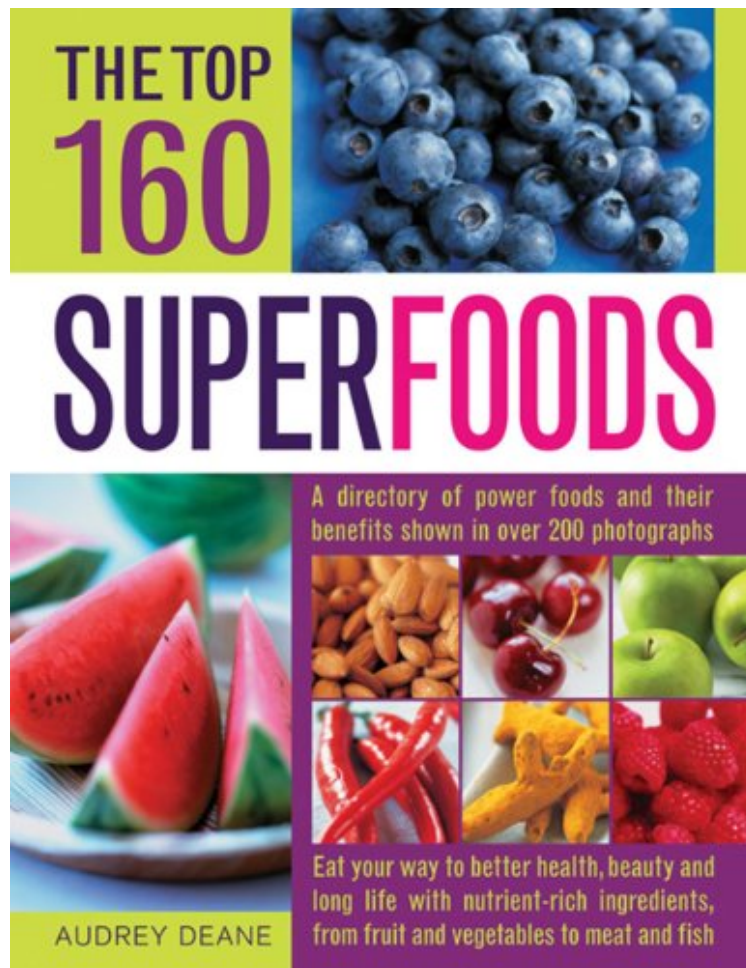


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## The Top 160 Superfoods: A Directory of Power Foods and Their Benefits Shown in Over 200 Photographs

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Discover the powerful healing, cleansing and age-defying effects of nature's most nutrient-rich ingredients in this encyclopedic book. Includes a vivid and informative directory of 160 of the most nutrient-packed, energizing, detoxifying, immunity-strengthening, and performance-enhancing superfoods.

About the Author Audrey Deane has many years' experience in food science and nutrition, and is an accomplished health writer and recipe developer. Drawing on her specialist knowledge of food ingredients and nutrition, Audrey has created this easy-to-follow superfood directory.