



SuperHealth: 6 Simple Steps, 6 Easy Weeks, 1 Longer, Healthier Life

By Steven Pratt, Sharyn Kolberg



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New York Times bestselling author of *SuperFoods RX*

Dr. Steven Pratt explains how readers can achieve SuperHealth by adding the 25 SuperFoods and 15 SuperNutrients-including the newest SuperLongevity Nutrient, Vitamin D-to their diet. Readers will be able to eat more sumptuously than ever before-chocolate, red wine, fresh nut butters, gourmet tea-with so much variety that bad, disease-causing eating and lifestyle habits will be edged out of their lives forever.



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- Sales Rank: #842213 in Books
- Published on: 2008-12-26
- Released on: 2008-12-26
- Original language: English
- Number of items: 1
- Dimensions: 1.40" h x 6.10" w x 9.10" l, 1.20 pounds
- Binding: Hardcover
- 352 pages

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Review

"If you have been searching for fresh and innovative ways to slim down and shape up, feel better and prevent disease, "SuperHealth" will rock your world. It is a research based, no-nonsense guide that offers simple ways to significantly enhance your life. Steve Pratt provides the key, unlock the door to a new you!"

aDan Nadeau, MD, endocrinologist and author of "The Color Code, A Revolutionary Eating Plan for Optimum Health"

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—Dan Nadeau, MD, endocrinologist and author of *The Color Code, A Revolutionary Eating Plan for Optimum Health*

About the Author

Steven Pratt, M.D., is the author of the New York Times bestseller *SuperFoodsRx* and, along with his colleague, Dr. Hugh Greenway, he is responsible for all the science behind the *SuperFoodsRx* brand now ubiquitous in grocery stores. He is a world-renowned authority on the role of nutrition and lifestyle in preventing disease and optimizing health. Dr. Pratt is a nutritional consultant to top athletes, a senior staff member at Scripps Memorial Hospital in La Jolla, California, and he lectures around the world.

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