

**20 SUPERFOODS TO SAVE YOUR HEALTH AND YOUR  
LIFE - THE INCONVENIENT TRUTH ABOUT MODERN  
NUTRITION**

**Heather Kever**

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These two lists can help you decide which grocery items you should buy in organic [ Make your plan, and get started. She lets us in on her surreal process of traveling the world, playing a sport she loves, with a great teammate.

GiangaddeditJun20,Runninglength:53min. Finding support 4. We need to shift the energy within ourselves and outside. The cool thing is, after practicing this, I now have a new relationship with food and I feel free.

Highcarbintakehasbeenblamedfortheobesityepidemic,butstudieshavefound are many great reasons to start juicing, including several great health benefits, disease prevention, and even anti-aging. For the most part the people in these areas still followed a traditional diet eating locally grown foods, fish, and meats with the main emphasis on plant foods.

