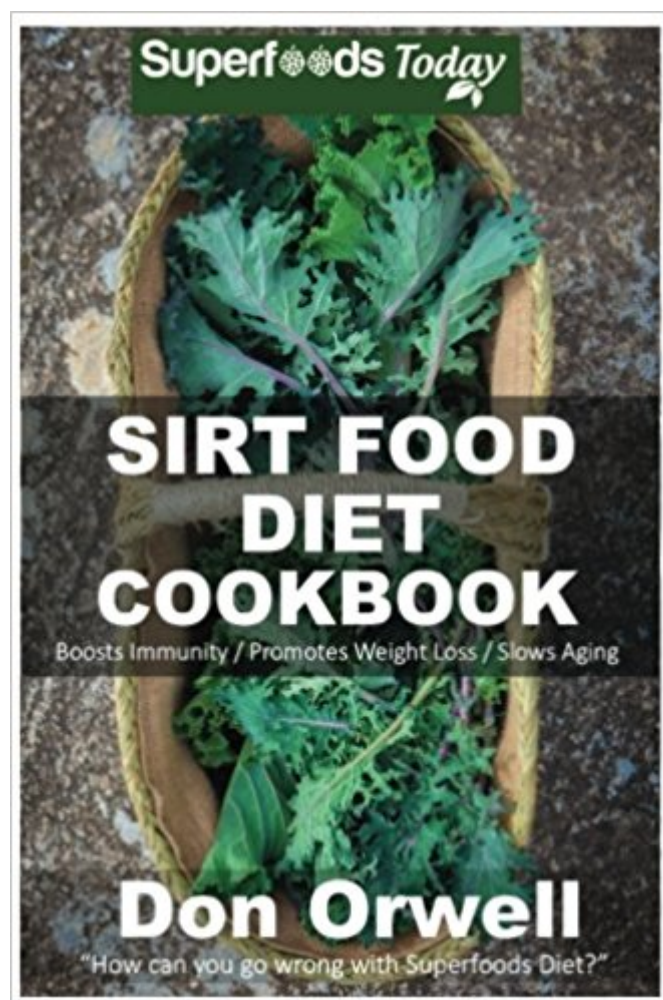




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# **Sirt Food Diet Cookbook: 60+ Sirt Food Diet Recipes, Gluten Free Cooking, Wheat Free, Whole Foods Diet, Antioxidants & Phytochemicals (Volume 1)**





## Synopsis

How Can You Go Wrong With Superfoods-Only Diet? FACT:Way too many of us live in a state of poor health, lethargy and moderate obesity. We live with headaches, back pain, inflammation, arthritis, high blood pressure, high cholesterol, diabetes, skin problems, insomnia and cancer â “ theyâ™re all the byproducts of modern western diet, based on processed food. Superfoods are foods and the medicine and they can help with all these symptoms!! Sirt Food Diet Cookbook contains over 60 Superfoods Sirt Food recipes created with 100% Superfoods ingredients. Most of the meals can be prepared in just 10 minutes. Each recipe combines Superfoods Sirt Food ingredients that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. âœOur Food Should Be Our Medicine And Our Medicine Should Be Our Food.â • - Hippocrates 460 - 370 BC The best thing about Superfoods Sirt Food Diet is that it will keep your appetite and cravings under control and it will balance your hormones. It's nearly impossible to lose fat if your hormones are out of balance. Superfoods Sirt Fod Diet works because itâ™s return to the type of food your body naturally craves and was designed for. Whole foods Superfoods is the food humans consumed for literally millions of years. Superfoods are nutritionally dense foods that are widely available and which offer tremendous dietary and healing potential. Superfoods diet forbids processed foods, hybridized foods, gluten foods and high glycemic foods. There is nothing super in any of the processed foods or todayâ™s hybridized wheat, corn, soy or potatoes. Processed food is the main reason why people suffer from inflammations and why their hormones are out of balance. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

## Book Information

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## Customer Reviews

I absolutely love the recipes in this cook book and they are so healthy! I especially love the Kale & Grapefruit Smoothie, Mango & Kale Smoothie and the Banana, Walnut & Cinnamon Smoothie!! The Feta & Kale omelettes as well as the Avocado & Orange Salad are to die for!!! Yes, fabulous! You will be happy you made the purchase!

The book is in excellent condition, has lots of recipes, some simple, some more complex. and I feel competent to devise my own recipes using info in this book.I absolutely love the recipes in this cook book and they are so healthy! A very interesting diet, easy to follow and with lots of suggestions for meals preparation.

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I absolutely love the recipes in this cook book and they are so healthy. Sirt foods are particularly rich in special nutrients that help us activate the same skinny genes in our bodies that fasting triggers. This food is easy to follow and with lots of suggestions for meals preparation.

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