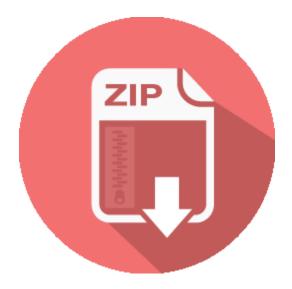
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Super Foods Rx Diet Review

Donna. I just bought the book, and had some of the same questions. My understanding from reading it and from reading all the comments is that you add these superfoods to your diet, which a lot I already eat, and then it makes common sense to make sure the rest of your diet are healthy food choices as well. http://ebookslibrary.club/Super-Foods-Rx-Diet-Review.pdf

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