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Powerful Superfood Natural Weight Loss Natural Health Natural Anti Aging Superfoods Superfood Smoothies Green Smoothie Natural Tea Coconut Oil Natural Diet Book 1

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The Amazing Nutritional, Medicinal and Economic Benefits of Moringa Oleifera Wellfleet Press
Superfoods and functional

foods are receiving increasing attention because of their important roles in health. This book focuses on the production of superfoods and functional foods and their role as medicine. In the early chapters, prominent researchers introduce the roles and production of microalgae and functional fruits through metabolic engineering, the use of food

waste, and effective cooking procedures. In the latter chapters, other prominent researchers introduce the medical effects of polyphenols, glutamine, and unsaturated fatty acids, which are contained in superfoods and functional foods. They suggest the importance of superfoods and functional foods in the treatment and prevention of many diseases. It is also recommended for readers to take a look at a related book, *Superfood and Functional Food: An Overview of Their Processing and Utilization*. The Kind Earth Cookbook Sproutman Publications This book contains a step by step guide on how to start a Moringa farm. Everything about Moringa farming are contain in this book. If you actually wants to venture into commercial Moringa farming you really

need this book. This book contains how you can grow Moringa from seed. **Miracle Tree Harlequin NEW ESSENTIAL OIL RECIPE BOOK REVEALS THE TOP ESSENTIAL OIL RECIPES FOR WEIGHT LOSS, NATURAL SKIN, HAIR AND NAILS, INCLUDING NATURAL CLEANING AND MORE!** Here Is A Sneak Peak of What You Can Expect To Learn In This DIY Natural Recipe Book... **Top Essential Oil Recipes for Lip Balm, Skin Care, Facial Scrubs, Lotions, Creams and Body Oils Weight Loss Strategies Using Essential Oils Combine the Right Essential Recipes for Depression Relief, Stress Relief and Anxiety Relief The #1 Essential Oil Recipes for Natural Cleaning, Laundry and Home Specific Essential Oil Recipes for Healing and**

First Aid! Pest Control and Germ Killer Recipes Using Essential Oils How To Guide for Personal Use, Shampoos, Natural Beauty Products, Natural Cleaning and Cosmetics! Much, much more! ALSO CHECK OUT THE FREE BOOKS INSIDE! More info can be found here: <http://joylouisbooks.com/> Are you curious about my Essential Oil Recipe book, but still not sure this is the right fit for you? There's an easy way to find out! Let me ask you this... Are you ready to start taking 100% responsibility for your health (and for your family's health)? If your answer is yes, then I'm happy to tell you you've arrived at the right place! One big part of taking responsibility for our health is to be able to open our eyes and accept the fact that most of the things we've learned thus far in our lives

about health have been completely, utterly WRONG. Just like the toothpaste containing fluoride you've been using your whole life, has now turned out to be poisonous, destructive for our bones and causes fertility issues. Or what about the popular deodorant brands out there? Most of them contains hazardous chemicals that can cause breast cancer in women and prostate cancer in men, as well as an increased risk of Alzheimer's Disease. Whether you're hearing this information for the first time, or have heard it before, I think we both can agree this is SHOCKING information, and that we're in need of a NEW, non-toxic, natural solution for our every day needs. Whether it be shampoos, cleaning supplies, body lotions, make up removers, deodorants... Truth

is, we pretty much need our own homemade solution to everything as we shouldn't trust anyone with our precious health anymore but ourselves. Essential oils can be amongst one of our little helpers, and I'm happy with that! "Now, what about pain or illnesses, can essential oils help in that as well?" Yes, absolutely it can. If you're like me, then I'm guessing you're sick of ingesting toxic prescription drugs from the big pharmacies that have more negative side effects than you can even count. What if I told you essential oils can be your 100% natural solution for ANYTHING under the sun? I've made my choice to go all natural and want to share my passion for essential oils and natural health with the world. Will you be joining me? Try out my recipes and let me know what you

think. Yours in health, Joy
Louis
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oils guide, essential oils guide
for beginners, aromatherapy,
essential oils for weight loss,
essential oil recipes for weight
loss, essential oils for hair,
essential oils for skin, essential
oils for nails, natural remedies,
natural cures, natural
cleaning, natural cleaning
products, healthy living,
healthy recipes, ameo, ameo
essential oils, zija, zija moringa
Biological Invasions in South
Africa Simon and Schuster
An introduction to the world's
teas and their healing qualities!
A relaxing cup of tea is a
soothing way to improve your

health, lighten your mood, increase your metabolism, or boost your energy. Tea has so many health benefits, from preventing cardiovascular disease to burning calories, it's no wonder so many people are choosing this classic beverage over coffee and carbonated soft drinks. If you'd like to experience the benefits and healing properties of drinking tea, here's all you need to know about: The many different types of tea, including green, black, white, oolong, and pu'erh teas. Herbal teas, kombucha, and other infusions. The use of tea as medicine throughout history. Buying and brewing the most healthful teas. Developing your own de-stressing tea traditions. Using tea in cooking and creating natural beauty products. With essential advice on brewing the perfect cup and storing your tea, *The Everything Healthy Tea Book* will be your go-to reference for all things tea!

The Circadian Code **AGRIHORTICO**

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare. Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring

cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

How to Use Moringa Seeds for Rapid Weight Loss

Createspace Independent Publishing Platform

Did you know why moringa the amazing superfood is qualified to be called the miracle tree? Moringa has got tremendous benefits... Moringa seeds and leaves are both tiny in size but mega in nutritional, environmental, economic and medicinal values. In 2008, the US National Institutes of Health called Moringa "the plant of the year," recognized that "perhaps no other plant species have the potential to reverse numerous environmental problems and provide unmet human needs" Also dubbed the Tree of Life, moringa has the highest over 90 verifiable number of nutrients including huge vitamins and minerals. All the parts of the moringa plant are beneficial, namely Moringa seeds Moringa leaves Moringa leaf powder Moringa oil, etc. You may

be wondering how to benefit from moringa, seeing it is been celebrated globally for its health benefits among others. Moringa seeds help for chronic pains from conditions like arthritis. Moringa helps with weight loss Moringa controls blood sugar level for the diabetics Moringa beautifies the skin Moringa seeds help with eye sight. Moringa seeds help boost libido Moringa seeds give robust energy Moringa seeds are used for water purification. Moringa seeds reduce inflammations, etc. So obviously... Moringa seeds benefits are top of the chart. In Moringa Seeds Benefits: How to eat moringa seeds for best results, you will discover how to maximize the moringa seeds benefits. You will discover answers to such questions as: How does the Moringa seed helps with weight loss? How many Moringa seeds can be eaten in a day? Do you chew or swallow Moringa seeds? Can I eat Moringa seeds every day? What are the Moringa seeds side effects? How does the Moringa seed looks? How does the Moringa seed help with the immune system? Does Moringa seed cure diabetes? What is the taste of the Moringa seed? And lots more. Truly, moringa seeds are helpful. Many people have shared amazing testimonials of how these seeds have saved their lives. In the book, you will learn how to conveniently eat the moringa seeds following a trick to enhance the taste and maximise the benefits. You will be pleasantly surprised just how useful these seeds are for you. What are you waiting for? Scroll and click the buy button now to download the

book and start discovering the amazing health benefits of moringa seeds immediately.

Moringa the Miracle Tree CreateSpace

Often referred to as the "miracle tree" because of its uniquely diverse array of nutritional, medicinal, and purifying properties, the Moringa Tree is a "superfood" treasure with incredible potential to greatly improve health and eliminate hunger around the world! Because of its many valuable uses, and the fact that it grows so quickly and easily in semi-arid, tropical, and subtropical climates, the Moringa tree is quickly becoming the go-to plant for combating malnutrition, treating inflammation, promoting healthy blood flow, aiding nursing mothers and preventing infection, among many

other things. What is particularly unique about Moringa tree is the fact that every part of the tree, including its bark, leaves, seed pods, flowers, seeds and roots serves a unique purpose in promoting human health and wellbeing. Rich in amino acids - the leaves of the Moringa tree contain 18 amino acids, eight of which are essential amino acids, making them a "complete" protein - a rarity in the plant world. Indeed, Moringa tree protein content rivals that of meat, making it an excellent source of protein for vegetarians and vegans. You may have heard the stories touted all over the internet about this "miracle tree" but in *The Moringa Tree: What you don't know can heal you*, Joe Urbach, author of the popular *Phytonutrient Gardening Series*, and

creator of the Phytonutrient Blog, gives you tons and tons of the science behind the stories. In his easy to read and understand way, Joe delivers page after page of wonderful, factual, and insightful information about what is sure to become a super-star in the health and nutrition market place - the incredible Moringa

Tree! Subscribe to the FREE Phytonutrient blog at: <http://www.gardeningaustin.com/blog>

Medical Medium Life-Changing Foods Rodale Books

This book presents five critical dimensions on relationships, institutions, production, organisation, and governance from design and systems perspectives for the systematic transition of unstable and vulnerable communities across the world to sustainable community systems. • The first section discusses features of relationships and processes

to deep cooperation and trust within a community. • The second section examines institutions within and outside a district to foster synergy across institutions within a district and to minimise negative externalities on local communities within a district. • The third section deals with food production systems that are nature-friendly, resilient, efficient and sustainable. • The fourth section discusses the design of producer organisations that can graduate to become sustainable community enterprise systems. • The fifth section focuses on community governance that can facilitate decentralised, participatory, transparent and democratic local governance systems. This book • offers a fresh perspective on design thinking for optimising internal design consistencies. • provides a systems perspective on building sustainable community systems at the lowest

governance unit in different countries, such as Ward/Gram Panchayat/Panchayat Council/Gewong/Union Council/GN. • gives insights into design & systems perspectives towards buildingsustainable community systems within a district of any country across the/divworld.

Alternative Ageing Harper Collins

How would it make you feel, if you could acquire more energy, sharper thinking, better sleep, and clearer skin? If you're in search for a complete life changing transformation, then Sea Moss should be the start of a new you. Sea Moss, commonly referred as Irish Moss, is one of the healthiest superfoods in the ocean. Thanks to Dr. Sebi who preached about the effectiveness of Sea Moss and its wide variety of health benefits such as digestive health, mucus cleansing, thyroid hormone support, and including the prevention of malignant cancerous

diseases. In this book, no longer will you be aimlessly searching the internet for a Dr. Sebi Sea Moss guide. We have compiled some of the best known Dr. Sebi's Sea Moss smoothie recipes to help you achieve a healthier lifestyle. These Smoothies recipes are simple to make, and best of all compliant with the Dr. Sebi's Alkaline diet. You'll be able to open up the book, go to a recipe and feel great knowing that you'll be eliminating and preventing malignant diseases by just drinking a delicious and healthy Sea Moss smoothie drink. Sea Moss contains 92 of the 102 nutrients the body needs to function effectively! Sea Moss has unbelievable results when added to your daily eating regimen! We found that these Sea Moss smoothie recipes not only help to cleanse your body from all the waste from processed and man made foods, but also helps to boost your immune system, detoxify your liver and body from waste, toxins, and

having severe liver damage. That's why we made sure to include only the BEST recipes from Dr. Sebi approved Alkaline diet and let you focus on your goals while living a stress free Sea Moss lifestyle. Download: Dr. Sebi Sea Moss: Boost Your Immune System, Cleanse Your Body, and Manage Your Diabetes by Drinking a Delicious Sea Moss Smoothie Packed with 92 Essential Nutrients for Your Overall Health. Inside You Will Discover... *The origin of Sea Moss *Different types of Sea Moss *Sea Moss 92 of 102 beneficial nutrients *10 delicious Sea Moss smoothie recipes *Step by step recipe instructions and nutritional facts **Bonus** Must know tips before buying Sea Moss *Plus much, much, more Click "BUY NOW" at the top of the page, and instantly Download Dr. Sebi Sea Moss: Boost Your Immune System, Cleanse Your Body, and Manage Your Diabetes by Drinking a Delicious Sea Moss Smoothie Packed with 92 Essential

Nutrients for Your Overall Health.
Phytonutrient Gardening
Springer
DISCOVER HOW TO LOSE WEIGHT RAPIDLY USING MORINGA SEEDS, MORINGA LEAF, MORINGA TEA-PRODUCTS OF NATURE'S MOST POWERFUL SUPERFOOD! Here Is A Sneak Peak of the Most Powerful Superfood Revealed Moringa the Miracle Tree..* Moringa Oleifera as the Most Powerful Detox Diet: How and Why You Lose Weight Effortlessly After Starting a daily Moringa Protocol* Learn The Best Ways To Ingest Moringa and Which Parts of the Tree NOT To Use* Find out How To Eat Moringa Leaves For Rapid Weight Loss* See Why Moringa Is Good For Weight Loss* Discover

Amazing Moringa Weight Loss Recipes* You will learn how Eating Moringa Speeds Up Your Body Metabolism And Curbs Cravings* Moringa has uncountable health benefits including accelerated weight loss. Because of its many nutrients(over 90), it is dubbed a super food. * It helps you to lose weight by speeding up your body metabolism same time curbing your craving for carbs. It makes you feel full due to its fiber content too. * Eating moringa seeds, moringa leaf powder in soups or drinking moringa tea on a daily basis continuously for a minimum of three months will give rise to a lasting weight loss for your body same time solving health challenges and increasing your energy.* Moringa is therefore highly recommended for just

anybody trying to lose extra pounds the healthy way* Much more...
The Moringa Tree BoD – Books on Demand
This book provides updated and all-inclusive data and evidences for Moringa botany, cytogenetical analysis, genetic resources and diversity, classical genetics, traditional breeding, tissue culture, genetic transformation, whole-genome sequencing, comparative genomics and elucidation on applications of functional genomics, nanotechnology, bioinformatics, processing and value addition besides providing perspectives of medicinal and therapeutic properties of Moringa. Moringa gained global attention in the recent past owing to its unique blend of affordable nutraceutical and pharmaceutical compounds in all parts of the plants.

Scientific literatures supporting its health benefits besides the studies on its utility in various fields are scattered on several reports. This book is written by renowned global subject experts by compiling and narrating it in a sober style. Transition Strategies for Sustainable Community Systems Sterling Publishing Company Incorporated
Suzi Grant walks her talk. Now in her fifties, Suzi is the ultimate baby boomer; she lives life to the full and cares passionately about her health. As one of the UK's leading nutritionists, Suzi has been intensely researching the very latest breakthroughs on natural anti-ageing techniques and in *Alternative Ageing* she translates the science into a practical and easy plan. There are twelve steps to ageing well, and all work together to keep you feeling

and looking young, fit and healthy. Discover which foods contain anti-ageing minerals, what to do to keep your mind fit and alert, and how to help your bones and joints stay supple and strong. The results: put your children, or even your grandchildren, to shame with your levels of energy and vitality.

Moringa Inner Traditions / Bear & Co

There is a serious problem with our modern fruits and vegetables! The produce we feed our family members is far less healthy now than at any other time in human history! Does that statement bother you? It should! How and why did this happen? What can we do about it? Most importantly, how can you ensure that you are feeding your family the most healthy, most nutritious fruits and vegetables possible? If you are going to grow a tomato in your garden anyway why not grow the healthiest, most phytonutrient-

rich tomato packed with the most lycopene and antioxidants possible? Are you planning to grow lettuce? Why not grow the lettuce that packs the most nutrition into every leaf? These simple questions are at the very heart of the author's concept of "Phytonutrient Gardening." In this first book in a series of three, Joe Urbach, creator and publisher of the popular website www.GardeningAustin.com and creator of The Phytonutrient Blog answers those questions and more while providing gardeners with a wealth of information including which specific varieties of your favorites to grow to get the biggest nutritional bang for your gardening buck! Filled with fascinating details about the state of modern produce and backed by state-of-the-art research and scientific testing, this useful book will change your life by changing how you look at produce. Read just a few pages and you will change

the way you garden, the way you buy groceries, the way you store your produce and even the way you cook your meals! Changes all for the better! Leading to a healthier, more active and longer life!

Eating Purely North Atlantic Books

The "Miracle Tree" was written by Dr. Monica Marcu, Pharm.D., and Ph.D. as a result of her study of medicinal plants and her definitive research of one of our greatest trees, the *Moringa oleifera*. This book defines the hundreds of substances such as vitamins, enzymes, amino acids, fats, minerals, specific phytochemicals, each with clear importance and numerous applications in healing and nutrition.

Adaptogens Hay House, Inc

The Saving Power of the Plant-Based Diet A revolution in food-politics.

When John Robbins released an early version of this book in 1987, he took the first steps in launching the food revolution. His viewpoint and insight on the harms of America's eating habits was a wake-up call for many. By bringing to our attention fundamental issues in our eating habits, such as our dependence on animal products, Robbins provokes our awareness and promotes change. Making conscious food choices. It is obvious to us that what we eat affects our own bodies, but what we may not realize is that what we eat also affects our world. In fact, most of the foods that are bad for us (think: genetically modified products) also negatively impact our

environment. By approaching our eating habits with intentionality, we benefit our own health and that of the world we live in. The value of a plant-based diet. Robbins' arguments for a plant-based diet are compelling and backed by over 20 years of work focused on the subject of conscious eating. Through exposing the dangers in our factory farming system, Robbins makes a definitive case for solely plant-based eating. This timely read on healthy eating will enlighten those curious about plant-based diets and fortify the mindsets of the already converted. Read John Robbins' book, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World*, and

discover... • The negative effects your current eating habits could be having on you • A powerful case for plant-based eating • Wisdom from one of the most frequently cited books of the food-politics revolution If books such as *We are the Weather*, *How Not to Die*, *31-Day Food Revolution*, or *Fast Food Genocide* have interested you, then *The Food Revolution* is the next book for you!

[The Everything Healthy Tea Book](#) North Atlantic Books

When we eat may be as important as what we eat. Like most people, you probably wake up, get hungry for meals and doze off in bed around the same time every day. If you've ever experienced jet lag or

pulled an all-nighter, you know that this schedule can easily be thrown off kilter. But for some people, that imbalance—difficulty sleeping at night, hunger at odd times, or sudden fatigue at noon—is a constant. If you're one of those people, Dr. Satchin Panda, one of the leading researchers on circadian rhythms, has a plan to reset your body clock. Beginning with an in-depth explanation of the circadian clock—why it's important, how it works, and how to know it isn't working—*The Circadian Code* outlines lifestyle changes to make to get back on track. It's a concrete plan to enhance weight loss, improve sleep, optimize exercise, and manage technology

so that it doesn't interfere with your body's natural rhythm. Dr. Panda's life changing methods show you how to prevent and reverse ailments like diabetes, cancer, and dementia, as well as microbiome conditions like acid reflux, heartburn, and irritable bowel disease.

Food Tech Transitions

North Atlantic Books
Author Melissa Petitto, RD, presents over 55 healthy and delicious recipes—accompanied by gorgeous color photography—that include the Brazilian superfruit acai in tasty and unexpected ways. Jam-packed with nutrients and antioxidants, and also low in sugar, the acai berry is the quintessential superfood. Eating acai berries may help improve

cholesterol levels, stop cancer cells from forming and spreading, and improve memory and other brain functions. While acai first gained fame as a smoothie ingredient, and has now become a smoothie bowl main star, this super berry can be used in countless ways. After an informative introduction about the acai berry, where to find it, and how to prepare it, find energizing smoothie and smoothie bowl recipes, followed by new acai takes, such as energy bars, muffins, popsicles, brownies, and even fudge!

Wheatgrass Simon and Schuster
Get all information you need about the king of all plants, *Moringa Oleifera*, and learn why it is called nature's most powerful

super-food Many people know only the surface benefits of Moringa. Others just cultivate the plant as an addition to their garden. However, there is more to Moringa than that. For a very long time, this plant have been used extensively as medications for fighting diseases and improving the overall wellbeing of individuals. Some cultures around the world even add it to their list of compulsory diets. Even without adequate research on Moringa, nature did reveal itself to these ones. It seems that the modern civilized world is just catching up on Moringa. With benefits on the heart, liver, kidney, hair, skin and other vital organs of the body, this plant contains numerous

vitamins and minerals to keep your body functioning maximally. Realizing these, the author has taken it upon herself to enlighten people, those in the dark, about Moinga. This book is highly recommended for research purposes, for traditional medical practitioners and for all who want to learn about the great things nature has in store for us. This book contains facts, as proven by extensive researches and contributions from world renowned plant biologists and agriculturists -those who have made numerous impacts on the quality of human lives in relation to nature. In summary, when you read this book, you will learn: How to grow Moringa with

ease Moringa DIY beauty regime How to use Moringa for your overall wellbeing Nutritional content of Moringa and so many more. About the Author Lora C. Walter is a natural beauty enthusiast. She is well known for her works at "MySimpleHome Remedies" where she writes articles about health, lifestyle and beauty.

Moringa Farming

Cristopher Rivera

"I read this book... it worked. My autoimmune disease is gone and I'm 37 pounds lighter in my pleather." --Kelly Clarkson Most of us have heard of gluten—a protein found in wheat that causes widespread inflammation in the body. Americans spend billions of dollars on gluten-free

diets in an effort to protect their health. But what if we've been missing the root of the problem? In *The Plant Paradox*, renowned cardiologist Dr. Steven Gundry reveals that gluten is just one variety of a common, and highly toxic, plant-based protein called lectin. Lectins are found not only in grains like wheat but also in the "gluten-free" foods most of us commonly regard as healthy, including many fruits, vegetables, nuts, beans, and conventional dairy products. These proteins, which are found in the seeds, grains, skins, rinds, and leaves of plants, are designed by nature to protect them from predators (including humans). Once ingested, they incite a kind of

chemical warfare in our bodies, causing inflammatory reactions that can lead to weight gain and serious health conditions. At his waitlist-only clinics in California, Dr. Gundry has successfully treated tens of thousands of patients suffering from autoimmune disorders, diabetes, leaky gut syndrome, heart disease, and neurodegenerative diseases with a protocol that detoxes the cells, repairs the gut, and nourishes the body. Now, in *The Plant Paradox*, he shares this clinically proven program with readers around the world. The simple (and daunting) fact is, lectins are everywhere. Thankfully, Dr. Gundry offers simple hacks we easily can

employ to avoid them, including: Peel your veggies. Most of the lectins are contained in the skin and seeds of plants; simply peeling and de-seeding vegetables (like tomatoes and peppers) reduces their lectin content. Shop for fruit in season. Fruit contain fewer lectins when ripe, so eating apples, berries, and other lectin-containing fruits at the peak of ripeness helps minimize your lectin consumption. Swap your brown rice for white. Whole grains and seeds with hard outer coatings are designed by nature to cause digestive distress—and are full of lectins. With a full list of lectin-containing foods and simple substitutes for each, a step-by-step

detox and eating plan, and delicious lectin-free recipes, *The Plant Paradox* illuminates the hidden dangers lurking in your salad bowl—and shows you how to eat whole foods in a whole new way.

Acai Super Berry Cookbook Kind Earth Publishing

The author, director of Soil for Life in South Africa, offers practical guidance on growing your own food in harmony with the environment.