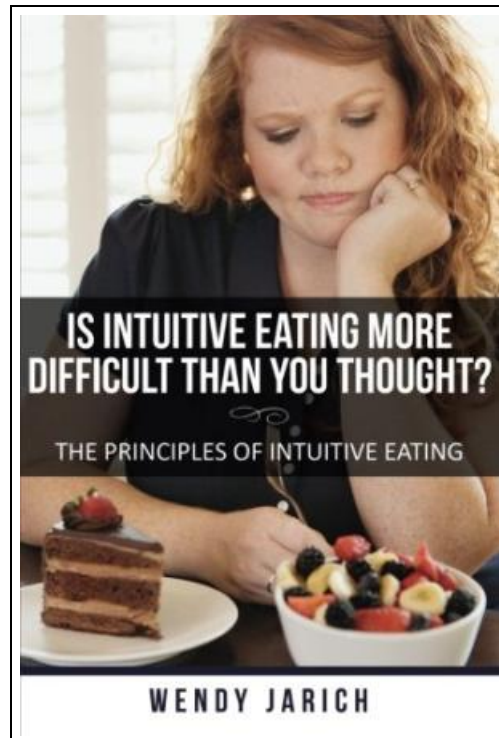


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Power of One, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.With health fads and scientists constantly coming up with new theories on how to be healthy, sometimes it is best to go back to the basics. Sometimes we need reminding that plenty of sleep, water and good food is the key to good health. So what are some of the foods we should make sure is part of our daily diet? The answer for this is Intuitive eating. If you understand this concept you will be able to lead a very full life. Is Intuitive Eating More Difficult Than You Thought? by Wendy Jarich advocates eating things such as Avocados which originated in Mexico and are considered a super food due to the high nutrient content and many uses. There are endless recipes for avocados apart from the standard nacho dip or guacamole. You can use it as a sandwich filling, in sauces or just for a snack with other fruit. The taste is mild and can be added to dishes as a sweet or savory option. It is also a very good first food for babies so the whole family can get on the healthy avocado kick. In Intuitive eating you will eat things such as walnuts, which are affordable, delicious and full of monounsaturated and polyunsaturated fats and low in saturated fats. Scientific research shows a walnut a day can reduce the likelihood of breast cancer and heart disease and boost fertility rates. Raw food chefs rave about walnuts and add them to salads, shakes and deserts as it really is a versatile nut.



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