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# SLOW COOKING FOR ONE: OVER 160 QUICK EASY GLUTEN FREE LOW CHOLESTEROL WHOLE FOODS SLOW COOKER MEALS FULL OF ANTIOXIDANTS PHYTOCHEMICALS (PAPERBACK)



On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 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 - they re all the byproducts of modern western diet, based on processed food. Superfoods are...

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- Authored by Don Orwell
- Released at 2017



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## Reviews

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