

Finally, health foods you can feel working instantly...

Superfoods

Eat Yourself Healthy With The Best of the Best Nature Has to Offer

"They work like magic but almost nobody knows about them. You'll ask yourself, how can something so simple be so powerful... and so secret"

They're called Superfoods and here's just a taste of what they can do for you:

- Rejuvenate your body
- Eliminate disease
- Sharpen your mind
- Heighten your senses
- Brighten your mood
- Increase sexual potency
- Give you a fresh supply of strength and stamina

Fellow health enthusiast,

There's not a single person on this planet who can't benefit from what I'm about to share with you.

It doesn't matter if you're old or young, a man or women, elite athlete or barely able to get out of bed.

You'll find something here that can instantly make your life better.

The More You Eat The Better You Feel!

You've heard it a hundred times "don't eat this - stop eating that".

Look, you already know what NOT to eat, I'm here to tell you what you should be eating more of. Superfoods.

The best part is you can simply stack these Superfoods right on top your current diet and begin reaping the benefits right away.

And the more you eat the better you feel!

Jet Fuel For Your Body and Mind



Your body is a machine, and food is the fuel that powers it. Superfoods are mother natures version of Ultra-Premium Jet Fuel for your body.

When you start eating these foods (which are delicious) you'll feel alive and alert.

Don't Settle For Wimpy Health Foods

Take a trip to any health food store and ask yourself how healthy do the people shopping there look.

Now you would think the folks shopping at a health food store would be strong and vibrant, and in some cases they are, but often you'll find frail, famished people whose bodies are so depleted they can barely stand up straight.

Young Men and Women with thinning hair. Their eyes fogged over, sunk in, with dark puffy bags under them.

Despite eating what most people consider health food they look like walking corpses.

Here's the truth...

A lot of what gets labeled as health food is really "neutral" food.

It's empty. It contains hardly any vitamins, minerals, or antioxidants. Your body needs these vital nutrients, and when it doesn't get them it breaks down.

That's why misguided health food consumers who've been handed bad advice over the years can look so much older than they really are.

Rapid aging is a result of not giving your body the vital nutrients it needs to keep your cells healthy and flush free radicals from your system.

"Free radicals (the "oxidants" we fight with antioxidants) have been implicated in as many as 80 age-related diseases, including heart disease, arthritis, Alzheimer's, Parkinson's disease, and cancer. Spent oxygen molecules and the like which become "free radicals" are unavoidable, basic byproducts of the metabolic process; however, they can cause an inordinate amount of damage, and the damage seems to be both cumulative (over our lifetimes) and extensive, since other diet and lifestyle factors add to it."

~ Nicholas V. Perricone, M.D

Why Isn't Everyone Eating Superfoods?

Most people don't know about them. They think all health food is created equal.

It's not.

Superfoods are pound for pound the most nutrient dense substances on the planet, and here's the proof straight from the pages of the Superfoods book...

- This anti-aging secret comes from the Amazon rainforest contains more antioxidants than blueberries or grapes. It also gives you the

same heart-healthy benefits of red wine without the side effects of alcohol

- Used in Chinese Medicine as far back as 1000 ad. this delicious Superfood helps strengthen your immune system, treat diabetes, and lower high blood pressure
- In ancient times this was called the "fertility fruit" - today it's used to treat sore throats, rheumatism, and inflammation
- If you're not familiar with carotenoids you soon will be because carotenoids have shown incredible promise in fighting many types of cancer. This Superfood has more than 20 compounds in the carotenoid family
- This tiny red fruit from the Himalayas grows in a harsh environment. It earned its Superfood status for its anti \-aging abilities. The secret is a special compound scientists call "master molecules" that have the ability to control elements of your body and immune system
- Eating this is thought to make you stronger, but the real benefit is how it helps your eyes
- This little root helps relieve female-related problems like menopause and PMS

Let's take a short "breather." We'll get back to more of what this remarkable book will teach you in just a moment.

But first, let's talk about why these Superfoods are so important.

Superfoods pack the kind of nutritional punch you can't find in normal foods.

Each of the Superfoods you'll learn about can not only improve your overall health, but can be used to target specific health problems.

Keep reading, and see if there's anything here that could help you...

- By the year 780 ad. the preparation of this Superfood was considered a fine art. It's been used to treat everything from headaches, insomnia, and digestive problems. Most recently it's been looked at to help cure cancer
- This popular spice will stimulate your taste buds and prevent a number of digestive problems
- Called the "wonder drug" in the world of natural medicine, and considered to be the first Superfood it's been used to treat everything from the common cold to the Bubonic Plague - *And It goes great with almost any meal*
- Travelers who suffer from motion sickness swear by this. It's also used to improve circulation
- Named after the Greek word for King, this Superfood can contribute to a glowing complexion, glossy hair and keen eyesight
- A recent study published in the Journal of Diabetes Care found that 1/2 a teaspoon of this significantly lowered blood sugar levels in diabetics
- Research has shown that isoflavones found in this Superfood can help you lose weight, reduce the risk of breast cancer, diabetes, and heart disease

- This Superfood provides a variety of nutrients that increase vitality, fitness and health while helping to ward off urinary tract infections, stomach ulcers, E. coli infections, and gum disease

Are you starting to see the benefits of adding some, or all of these Superfoods to your diet?

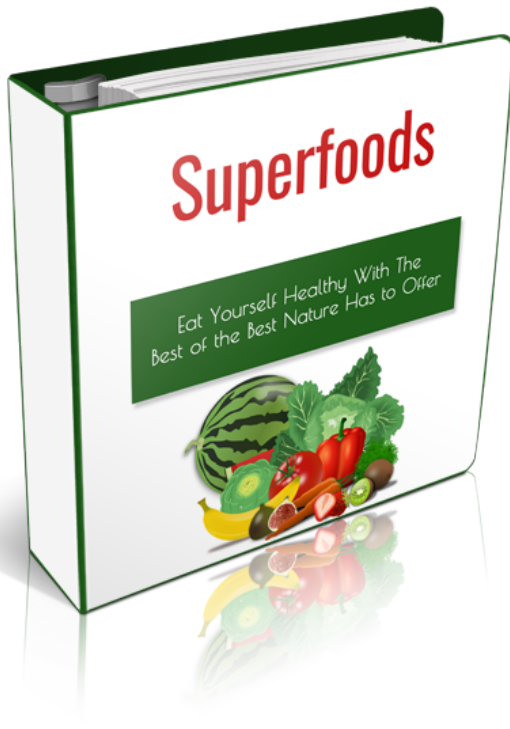
But, you know what?

We are not finished yet... not by a long shot.

Here's some more of natures superstars revealed in this amazing book...

- Keen eyesight will be yours with this sweet berry. It was even used by World War 2 fighter pilots for better night vision. Those who regularly indulge in this berry have also noticed a reduction in varicose veins
- This plant is a member of the sunflower family, and it's used to remove toxins from the liver. It's so powerful that it's even used as an antidote for poisonous mushrooms
- Tired of getting laid up with a cold every year? Take this to boost your immune system
- Brighten your mood and wash away anxiety. This wildflowers ability to combat depression have been backed up by clinical studies, and is even prescribed to people in Europe who suffer from depression - I'll tell you all about it when you order the Superfoods book
- Those who have sensitive stomachs or IBS can benefit from a tea made from this Superfood

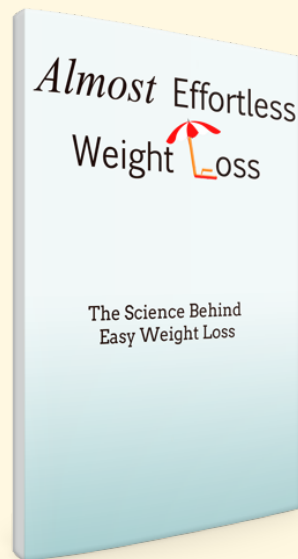
- This remedy is as old as the hills and has been used by Asian women for thousands of years as a tonic for the reproductive system
- For 1000's of years people have been using this to improve blood flow, increase sexual energy, improve longevity, boost memory, and get rid of depression - It's important that you know what to look for when shopping for this Superfood because some of what's being sold could be toxic. I'll show you what to look out for
- A cream made from this tree bark can relieve chronic back pain and arthritis



When you order the Superfoods book you'll get the full details on each one of these Superfoods, but that's just the beginning because you're also going to receive 4 life-enhancing bonuses.

These are not your typical throwaway guides meant to make the book seem more valuable. Some people have even said the information in these guides is worth more than the Superfoods book!

Each one of these no fluff guides can help you overcome the most pressing health problems we face in this "fast food" society we live in.



Eat These Two Things & Enjoy Almost Effortless Weight Loss

You're about to discover two things you can start eating right now that will help you lose weight with almost no effort...

Researchers discovered that eating this first food a couple of days a week increased weight loss by an astonishing 65%.

It's NOT hot peppers, plain oatmeal, green tea, or "negative calorie foods."

This really works.

All you have to do is eat this a couple of days a week to accelerate your weight loss by a whopping 65%.

If you're currently losing 10 pounds a month you can boost that up to 16.5 pounds a month which translates to losing an extra 78 pounds a year.

No pills. No exercise. No forcing yourself to eat less.

Just eat this food and enjoy watching weight come off almost effortlessly.

The next almost effortless weight loss secret I want to share comes from Japan...

The Unripe Fruit That Releases Fat Burning Hormones

A strange diet using an unripe fruit has become popular in Japan.

The Japanese always come up with cool stuff, don't they?

At first, it seemed like a joke - like those weird Amazon berry diets that pop up every couple years.

But the science appears to check out. It can help you lose weight.

Sumiko, a 31-year-old pharmacist, studied preventive medicine and came up with the diet for her then-boyfriend Hitoshi Watanabe.

The secret is this special fruit in its unripe form is loaded with something called digestive-resistant starch.

Digestive-resistant starch is a complex carb that has fiber-like properties.

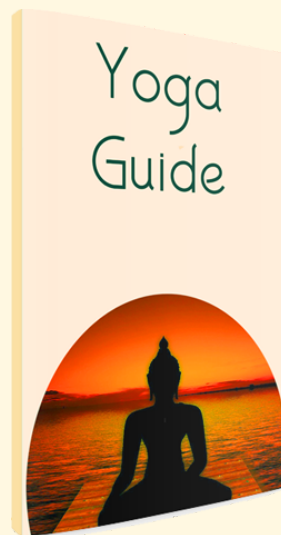
It avoids digestion in the small intestine and reaches the large intestine, where it feeds the healthy bacteria that reside there.

Feeding healthy bacteria is a good thing. They produce short-chain fats, which support digestive health and keep your metabolism running high.

Rodney Bilton, a Biochemistry Professor at Liverpool John Moores University also discovered that this unripe fruit stimulates the release of a hormone called glucagon, which encourages your body to burn fat at a higher rate.

Want to know more about this strange unripe fruit?

I'll tell you exactly what it is in the Almost Effortless Weight Loss Report.



Discover Which Style Of Yoga Is Right For You...

Yoga offers its practitioners many paths.

Are you seeking spiritual enlightenment, healing, or is it strength and flexibility you wish to obtain?

Perhaps “everything” is what you would like to get out of Yoga?

With this free guide, you will know which style of Yoga will provide you with the benefits you desire.

You will discover...

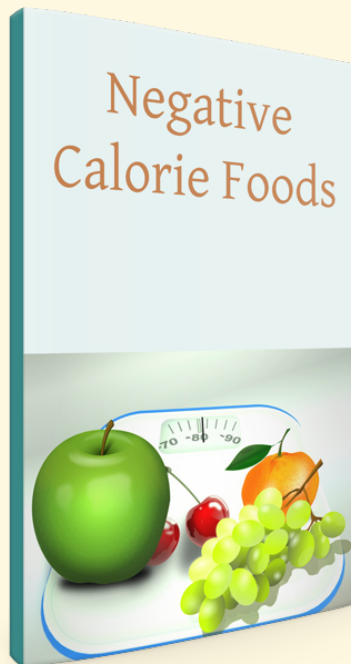
- The specific type of Yoga that allows you to use your creative power (shakti) to elevate your consciousness and promote healing
- It is said this Yoga will give a person extrasensory perception and extraordinary powers (siddhis)
- Unlike many yogic paths, this Yoga allows sex and can greatly increase sexual energy levels. It is arguably the most powerful form of Yoga. Its practitioners believe that it is easier to practice and takes less time than Hatha Yoga and delivers results faster
- The type of Yoga that will purify your body and mind using 8 spiritual practices
- How spiritual seekers can attain self-realization within a single lifetime, a feat that is not possible in certain other Yoga practices
- The style of Yoga you should choose if strength and flexibility are your main goals

You will also learn...

- The 3 main goals of Yoga

- Yoga's connection to stone age shamanism
- The 8 limbs of classical Yoga
- The Swami who introduced Yoga to the Woodstock music festival
- How Yoga spreads oxygen to your entire body
- Why laughter has been incorporated into Yoga
- How Yoga breathing techniques can help you lose weight
- The Tantric practice that allows a man to prolong intercourse
- Yoga isn't right for everyone - discover who should not practice Yoga





Negative Calorie Foods

Negative Calorie Foods are not glamorous, but if you're trying to lose weight but struggle with feeling hungry because you're not eating enough, you'll be delighted to learn about these foods.

Think of Negative Calorie Foods as a weight loss loophole. Something to give you a dieting edge.

For the best results, I recommend you take the absolute worst of your current daily diet (the chips, candy, soda, etc.) and replace them with these foods.

These foods are said to cause weight loss because they contain such a small amount of calories that it takes more calories to digest them, than the food itself contains.

An example would be a food that contains 15 calories but takes 17 calories for your body to break down and digest.

The benefit of these foods is that you can eat as much of them as you want, and not worry about gaining weight.

So no more starving yourself to lose weight!

You'll discover more about Negative Calorie Foods in this complimentary guide that's included with the Superfoods book.

Superfoods Cheat Sheet

Acai Berry Summary

- Acai lets you enjoy many of the heart health benefits of wine without the side effects of alcohol.
- The thin layer of edible, purple pulp around a large seed has long been used by natives for skin and digestive disorders.
- The acai berries have been found to contain extremely high concentrations of the potent antioxidant flavonoids called anthocyanins, also found in red wine and known to help lower cholesterol levels, protect blood vessels, reduce inflammation, fight cancer cells and provide immediate energy.
- South American locals also refer to acai as nature's Viagra!
- Acai increases stamina, improves circulation thus improving mental focus, reduces cholesterol, and improves digestion.

Wolfberry Summary

- Wolfberries help strengthen your immune system, treat diabetes, and lower high blood pressure.
- An interesting fact is that Wolfberries have more vitamin C than an orange, more beta carotene than a carrot and a protein content that is almost equivalent to bee pollen.
- Some of the ways wolfberry works its magic are its ability to nourish the blood, strengthen the eyes, the kidneys and the liver.
- Helps you with problems like fatigue, insomnia, eyesight problems, hearing problems, liver disease, headaches, and dizziness to name a few.
- It also has antioxidant and anti-aging properties.

Superfoods Cheat Sheet

The Superfoods book goes into meticulous detail about each Superfood.

But what if you want to quickly find the health benefit of a particular Superfood?

I've got you covered.

This Superfood cheat sheet gives you a quick rundown of how each Superfood can help you.

Okay let's go over what you're going to get when you order the Superfoods Book:

1. You get the complete Superfoods book
2. Almost Effortless Weight Loss Guide - worth \$14
3. Yoga Guide - worth \$14
4. Negative Calorie Foods Guide - worth \$14
5. Superfoods Cheat Sheet - worth \$7

The bonuses alone are worth \$49, and that's not even counting the free updates you're going to get.

Don't worry, you're not going to pay \$49, or even 1/2 that for the Superfoods book because when you order today **you'll get everything you've read about for just \$17** - *that's less than most people pay for a tank of gas.*

I can only guarantee this price until the next update (which you'll get for free when you order today).

And with the Superfoods Book, you'll never have to worry about whether or not this is just another fly-by-night internet scheme because I'm going to let you have the Superfoods Book and all the bonuses for 8 weeks to prove to yourself that they're everything I say they are, *and more*.

When you click the button below and order your Superfoods Book you'll get instant online access to all the books and guides you've read about on this page.

If for any reason at all you're not thrilled all you have to do is send a single email (no explanation required), and you'll get a prompt and courteous refund - No 20 minute phone calls - No run around - Just a single email (no explanation needed) and every penny will be refunded.

To anyone thinking about taking advantage of this offer...

Because you get instant access to the Superfoods books and all the guides I know a very small number of people will grab all the books then turn around and get an immediate refund whether they're happy with the purchase or not.

Of course, I will grant them a refund because I never dispute refund requests - if you ask for a refund you get it, but if you're planning to take advantage of my generous refund policy I would kindly ask you to please leave this site and not order my book.

But if you're sincere about using Superfoods, and are ready to explore all the exciting new things you're going to learn about in the Superfoods book I want you to know that you are protected under my no questions asked money back guarantee.



Let me tell you a story...

I used to drink coffee all day to stay awake, and take sleeping pills at night to fall asleep. I would get sick at least 3 times a year. I was always tired, and didn't have any drive or passion for life.

That changed as soon as I started using Superfoods.

I no longer need stimulants to stay awake because Superfoods flood my body with a constant supply of natural energy, and I fall asleep as soon as I hit the pillow without taking pills.

I'm the envy of all my friends when they find out I haven't been sick in over 5 years all because of what you'll learn in the Superfoods Library.

And when a specific health problem does arise, I just turn to the Superfoods book for the natural remedy.

By the way, did you know that a lot of prescription drugs are based on natural remedies like those found in the Superfoods book?

It's true, but because you can't patent natural ingredients the big drug companies have to re-create something that nature has already given us in their laboratories so they can patent it and make billions of dollars.

Why wait for the drug companies to make a synthetic version, and charge you an arm and a leg for something you can get right now by ordering the Superfoods book?



I Guarantee These Superfoods Will Make a Difference

By now you've seen all that the Superfoods book and the bonus guides can do for you. But I want to make ordering the Superfoods book the easiest decision you'll make all week by giving you 8 full weeks to try Superfoods and feel the difference they make for yourself.

What I show you must make a significant improvement in your life. Otherwise, just let me know and I'll refund every penny you paid and insist that you keep everything I've sent you.

Just click the "Click Here to Download " button below and you'll be downloading the Superfoods BOOK and your FREE gifts in just seconds.



Then, take **8 weeks to decide for yourself.**

PS. The introductory price of \$17 is the absolute lowest I will be offering the Superfoods book for. If you return to this website tomorrow the price might have gone up.

By ordering now you're guaranteed this low pricing

PPS. The Superfoods book and the guides you'll receive with it are based on proven, but little known health secrets that give you the power to heal and prevent sickness.

This is not a diet...it's a lifestyle enhancement.

You can pick and choose what you want to add to your current lifestyle without giving up the foods you love. It's that easy.

