



# SuperHealth: 6 Simple Steps, 6 Easy Weeks, 1 Longer, Healthier Life

*Steven Pratt, Sharyn Kolberg*

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*New York Times* bestselling author of *SuperFoods RX*

Dr. Steven Pratt explains how readers can achieve SuperHealth by adding the 25 SuperFoods and 15 SuperNutrients-including the newest SuperLongevity Nutrient, Vitamin D-to their diet. Readers will be able to eat more sumptuously than ever before-chocolate, red wine, fresh nut butters, gourmet tea-with so much variety that bad, disease-causing eating and lifestyle habits will be edged out of their lives forever.

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