



# **Recipes for Health Bliss: Using NatureFoods & Lifestyle Choices to Rejuvenate Your Body & Life**

*Susan Smith Jones*

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Do you want to learn how to make and enjoy the finest and most delicious healthful recipes imaginable? Would you like to lose weight and gain fitness and vitality? If so, then this extraordinary recipe book is for you! It will introduce you to the surefire secrets of how to make irresistible, nutrient-rich meals; trim excess pounds; and promote a life of vitality, happiness, and renewed self-esteem. In this book, renowned health expert Susan Smith Jones shows you how to make the appropriate food and lifestyle choices to reduce your risks of premature aging, arthritis, diabetes, heart disease, obesity, mental dysfunction, and some common forms of cancer. You'll enjoy fast, easy-to-prepare meals and snacks that are as delicious as they are nutritious, all made with familiar, easy-to-find ingredients. In this book, you'll learn to make and enjoy over 250 scrumptious, natural-food recipes, lose weight the easy, natural way, know which SuperFoods heal your body, look and feel ten years younger in 30 days, discover the world's seven best stress-busters, and rejuvenate your self-esteem and confidence.

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