



# Superfoods: The Food and Medicine of the Future

*David Wolfe*

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# Superfoods: The Food and Medicine of the Future

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## **Superfoods: The Food and Medicine of the Future** David Wolfe

Superfoods are vibrant, nutritionally dense foods that have recently become widely available and which offer tremendous dietary and healing potential. In this lively, illustrated overview, well-known raw-foods guru David Wolfe profiles delicious and incredibly nutritious plant products such as goji berries, hempseed, cacao beans (raw chocolate), maca, spirulina, bee products, and a host of others. As powerful sources of clean protein, vitamins, minerals, enzymes, antioxidants, good fats and oils, essential fatty and amino acids, and other nutrients, they represent a uniquely promising piece of the nutritional puzzle. Each superfood is described in detail, accompanied by easy and delicious recipes. This accessible guide presents persuasive arguments, based on sound science, for the pivotal role of superfoods in promoting nutritional excellence, health and well-being, beauty enhancement, sustainable agriculture, and the transformation of diet, lifestyle, and planet.

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