



# **The Healing Power of NatureFoods: 50 Revitalizing SuperFoods and Lifestyle Choices that Promote Vibrant Health**

*Susan Smith Jones*

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Think health, whole foods, and simple lifestyle choices...that's the basic premise behind this informative book! While we all know that healthy eating is one of the main keys to a long life, few of us understand which specific foods and other lifestyle choices can help protect the body and cultivate optimal health.

This book combines the latest research on the "HOT" 50 superfoods that prevent the most common age-related illnesses, with essential information on the healing power of raw foods; sleep; pH balance; water; exercise; and a positive, grateful attitude. It offers you a comprehensive understanding of the amazing health potential of plant-based foods and shows you how to enjoy a level of health and vitality you never dreamed possible.

**PLUS: Susan brings you easy-to-prepare, nutritious, delicious recipes!**

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