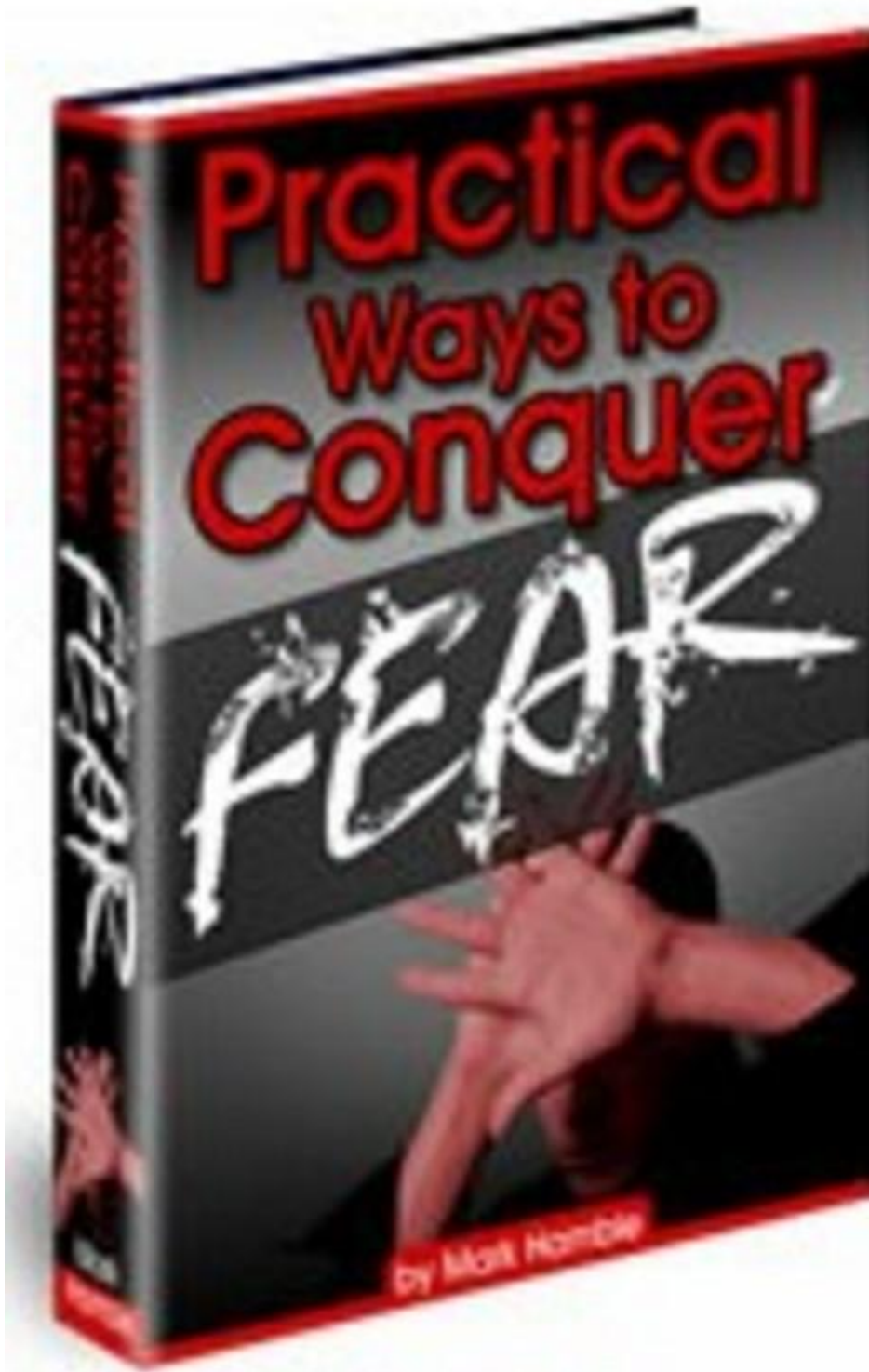


Fabulous Fruits & Vital Vegetables



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Is there anything more appealing to the taste buds than a bowl full of fresh, crisp salad greens topped with juicy tomatoes, snapping fresh cucumbers, brightly colored radishes and all garnished with your

favorite topper? The only thing that might be just as appealing is a plateful of your favorite fruits coupled with a tasty yogurt dip or tangy cheeses. We've all had occasion to read books on nutrition, books on health and of course, recipe books. But, just how easy is it to find a book that covers all three? Pretty near to impossible! There are tons of books about nutrition. There are also hundreds of books on living a healthy lifestyle. What most of them lack is the correlation between the two. Sure, we all know how important it is to eat our veggies. And, there probably isn't a soul among us that doesn't agree that fruits are yummy. However, do you have any idea of what fruit to eat if you need to reduce diarrhea, control your blood pressure, encourage good heart function, strengthen your bones or help a cough? Yeah, that's what we thought. Or how about this one? What vegetable can help your body lower cholesterol, help protect you against some effects of diabetes, high blood pressure, strokes and retain your skin's smoothness? Unless you are a nutritionist there's a good bet you won't guess that one either. But don't worry. You can find the answers to those two questions (and lots more) in *Fabulous Fruits & Vital Vegetables*. What do fruits and vegetables have to do with the rotten economy? Okay, so what does healthy nutrition and eating fruits and veggies have to do with the recession, depression or whatever in the heck session they're calling it? If you stop for just a minute or two you'll discover that it has EVERYTHING to do with it. Look, we all need to cut back and spend less right now, right? Well, what better way than to cut some of those pricey cuts of meat out of our diets. . . especially the stuff that isn't particularly good for us anyway? What better way than to increase our intake of foods that are good for us and cost less too! Also, if the current crunch has you stressing - STOP! I know, it's easy to tell you to stop stressing over money. But it certainly isn't going to help your health by a long shot if you continue to stress over what you can't control. Control what you can. And, you CAN control your intake of *Fabulous Fruits & Vital Vegetables*. And while you are doing that, you can learn what vegetables and fruits can best keep your body nourished while your brain is going through these tumultuous times! Again, stop focusing on what you CANNOT change and focus on what you CAN change. Heck, by the time we're through this economic speed bump you'll probably be so happy with the new outlook and body that *Fabulous Fruits & Vital Vegetables* have given you that you'll never go back to the old habits. And, that's a good thing. So, do yourself a huge favor. Stop stressing. Take control of what you CAN and put less focus on what you CANNOT. Not only will you enjoy the taste of the new, nutritious lifestyle you'll learn about, you'll know what to eat and when to eat it to control just about any of your physical challenges. Grab your copy now and let the economy take

care of itself while YOU take care of YOU. Youll be glad you did. We guarantee it.

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