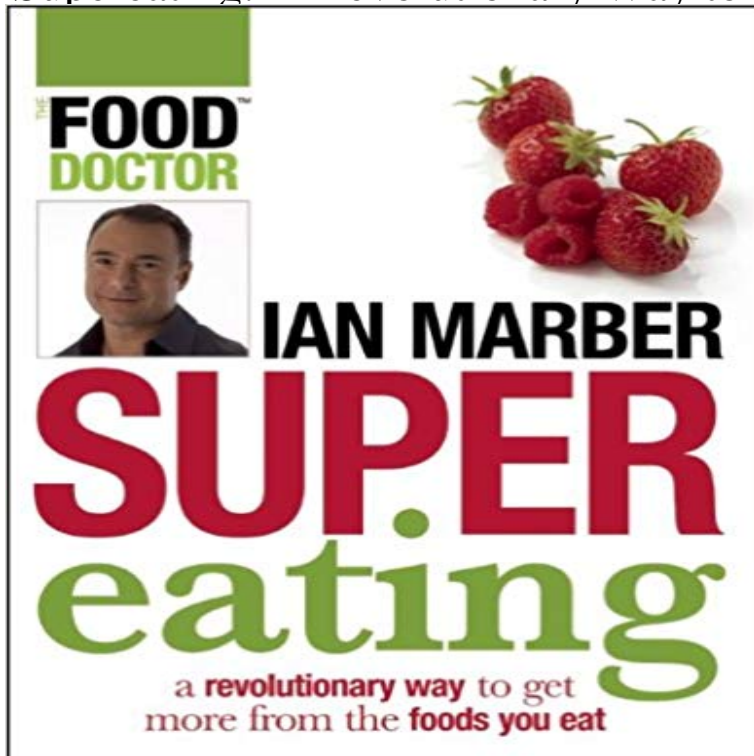


Supereating: A Revolutionary Way to Get More from the Foods You Eat



Ian Marber's *Supereating* outlines a radical new concept in nutrition—the supermeal. Going far beyond the one-step approach of Eat X to cure Y, it looks at each nutrient individually and highlights which other nutrients enhance or diminish its effects. Marber demonstrates how *Supereating* can be used to optimum effect in combating many health issues as well as in particular areas of well-being such as fighting the aging process, boosting the immune system, dealing with stress, eating for greater energy, maintaining heart health, and others. He examines a wide range of foods, describing what their own particular cocktail of nutrients delivers and with which other foods they should be teamed. In each case, he supplies a model daily eating plan to act as a guide to making the right food choices. Hugely browsable, and chock-full of fascinating information, *Supereating* inspires readers to change the way they eat forever.

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