



Power Foods: Good Food, Good Health With Phytochemicals, Nature's Own Energy Boosters

Stephanie Beling

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Presenting 140 kitchen-tested, appetizing recipes, the author explains the disease- and aging-retarding benefits of phytochemicals--found in fruits, vegetables, and grains--and shows how to get more of them into every meal. \$50,000 ad/promo. Tour."

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