



Gary Null's Power Foods: The 15 Best Foods for Your Health

By Gary Null. Ph.d

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From the *New York Times* bestselling author-the 15 foods that pack an incredibly powerful punch for good health

Gary Null has guided and inspired entire generations of Americans to adopt healthier living habits. Now, in this revolutionary book, Null outlines a master plan for anyone searching for a healthier, more natural way of looking at food.

Here, Gary Null has created a comprehensive eating plan built on a foundation of his 15 Power Foods. He explains in detail the unique nutritional powers and attributes each food holds, and offers hundreds of delicious recipes that incorporate as many Power Foods as possible. A menu plan shows you how to make the most of meals throughout the day-breakfast, lunch, dinner, desserts, appetizers, beverages, and more. Gary also discusses healthful eating habits, like the benefits of organic, whole, raw, and vegan eating.

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