

# BOOST YOUR HEALTH WITH NATURE'S SUPERFOODS



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## Boosta din hälsa med naturens superfoods

Tia Jumbe

160pp

*In the last few years we have been completely overwhelmed by superfoods in powder form, such as spirulina, barley grass, acai, chaga and moringa. More or less every season the health magazines are teaching us how to pronounce the name of a new superberry, or supernutrient.*

**B**ursting with antioxidants, vitamins and minerals many of these superfoods can boost our health and vitality. But which ones should we choose? And how should we take them? Most of them taste plain bad. It's not so great to every day drink something that tastes like seawater, grass or soil. Above all it's hard to keep up with such a habit, regardless of how much good it is doing.

In this book the author has picked 15 potent superfoods: roots, berries, algae, grass, mushroom and bee pollen. You will learn of their nutritional value, how they have been used traditionally, how they can boost your health, and above all – you will get several tasty recipes for each superfood, so it will be a real pleasure to boost yourself with these nutritional bombs.

The writer offers a total of 49 recipes including everything from dressings, hot and cold meals, snacks and desserts, to smoothies and juices containing the various superfoods. The idea is to help you eat these superfoods with a smile on your face, and a "Yum!"

Every superfood in the book has been used as a traditional medicine for hundreds, or even thousands of years. Some of them you have almost certainly heard of, like for example ginger and turmeric, while others are new as superfoods in Sweden and perhaps even to you, such as the supertree moringa, or supermushroom chaga. Most of the nutrients in the book are the author's personal favourites, and have been a part of her daily diet for a long time.

*Boost your health with nature's superfoods* is the companion book of another that Tia is making available at the same time. The other book is *Boost skin & hair with nature's nutrient bombs*.



## About the author

**Tia Jumbe** is a writer, yoga teacher and journalist. She has written several books on yoga and health, among others *Yoga & Jogging*, the ultimate training combo (with Jenny Sunding) and *Detox Lifestyle – get more energy with yoga, food & new habits*. She works part-time on Coops food magazine *Mer Smak* and is in the middle of her training to become an ayurvedic health adviser.

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