

SuperFoods is the 20<sup>th</sup> in a series  
designed for preventing major  
preventing disease  
and extending your lifespan.

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best, perfect and is the healthiest  
product to achieve this goal,  
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your authoritative, engaging  
introduction to a new better way  
to live SuperFoods. As the authors  
breakdown book, SuperFoods  
HealthStyle takes the most recent  
cutting edge research and the  
style you have been already been  
exposed to, proven clinical practice,  
and scientifically based, long-  
term research and findings – and  
translates this information into an  
easy-to-understand way that you can  
use to improve your physical and  
mental health now and in the future.  
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of life to the best of your life.

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the journal of Science and  
Healthy Living, and the author of  
the book *SuperFoods HealthStyle*  
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**KATHY MATTHEWS** has researched  
science, health and lifestyle issues,  
writing, including *SuperFoods HealthStyle*  
and *SuperFoods HealthStyle*.



# SuperFoods HealthStyle

Proven Strategies  
for Lifelong Health

STEVEN G. PRATT, M.D.,  
and KATHY MATTHEWS

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