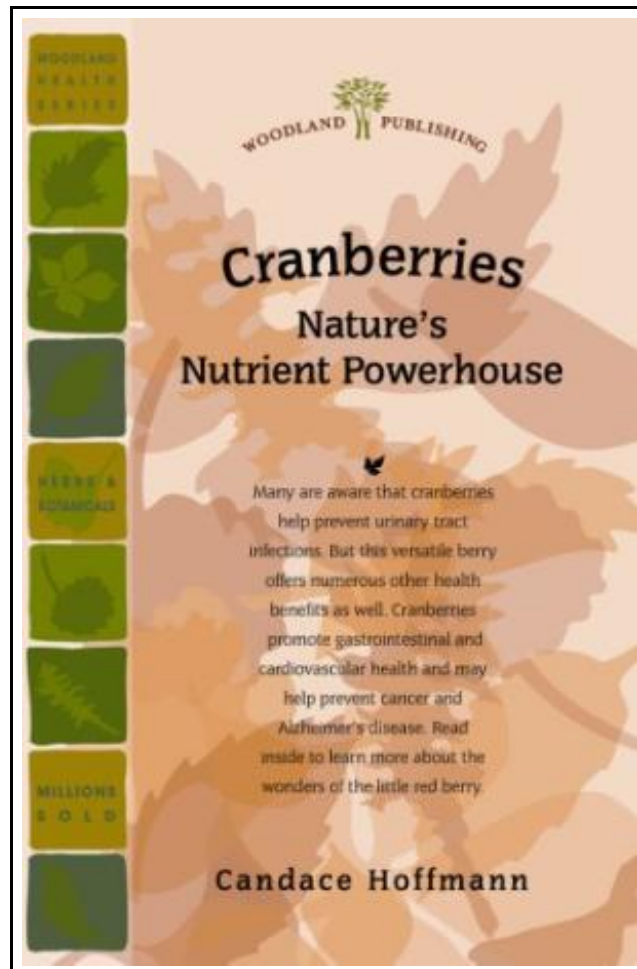


Cranberries: Nature's Nutrient Powerhouse



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Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book.

(Reyes Murphy)

CRANBERRIES: NATURE'S NUTRIENT POWERHOUSE



Woodland Publishing Inc. Paperback. Book Condition: new. BRAND NEW, Cranberries: Nature's Nutrient Powerhouse, Candace Hoffmann, While we all know cranberries from holiday traditions and the popular cranberry juice cocktail, scientists have discovered that cranberries are a nutrient-rich 'superfood' with significant antioxidant, anti-inflammatory, and anti-adhesion properties. Noted medical journalist Candace Hoffmann discusses the history and lore of cranberries as well as their powerful health-promoting qualities. From preventing urinary tract infections to promoting gastrointestinal, heart, and artery health, cranberries are also showing promise as an anti-ageing agent that may help prevent cancer and Alzheimer's disease. So, whether you drink cranberry juice cocktail, eat dried or fresh cranberries or take a daily cranberry nutritional supplement, these little red berries can have a powerful impact on your health. Discover this informative booklet from the "Woodland Health Series" in order to find out how and why you should make cranberries a staple in your diet.



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