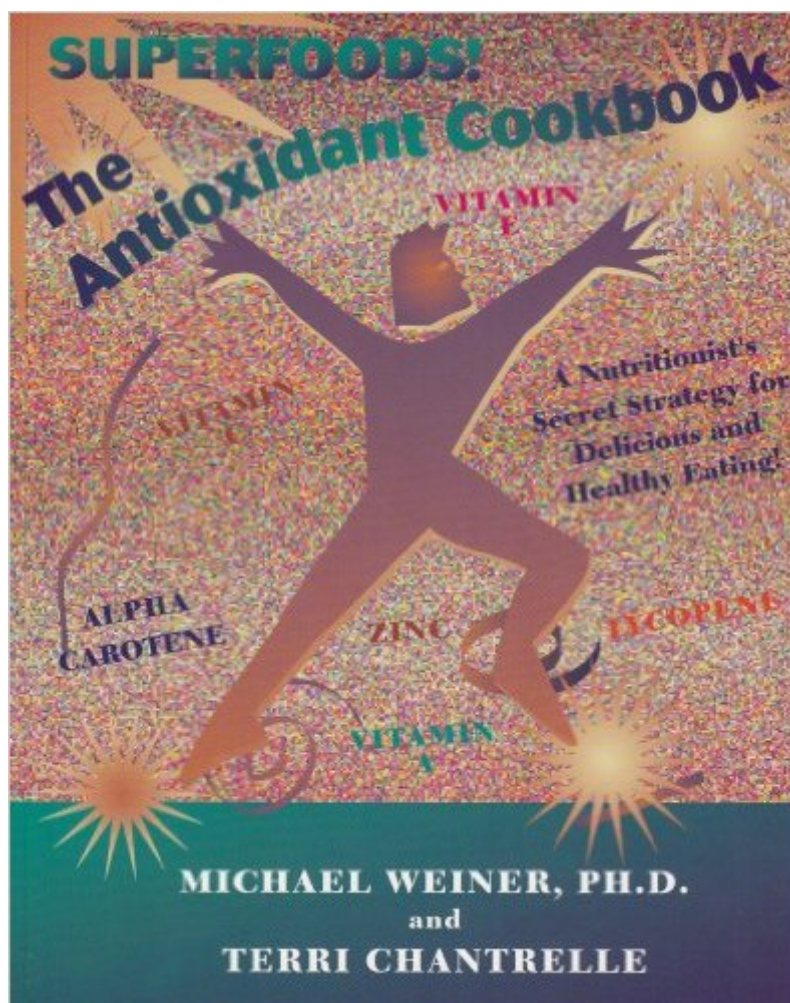


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# The Antioxidant Cookbook: A Nutritionist's Secret Strategy



## Synopsis

Here is your secret strategy for delicious and healthy eating! this is a must for everyone interested in holistic health, fitness, anti-aging enhancement, lifestyle improvement, and fabulous food! Dr. Weiner shares his strategy for delicious healthful low calorie low cholesterol high-potency antioxidant superfoods. His lifelong love for ethnic foods and his nutritional wisdom blend together in this special book. Taste is never sacrificed in these easy-to-prepare menus. The delicious dishes are low calorie low cholesterol low salt high potency superfoods!

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #410,988 in Books (See Top 100 in Books) #35 in [Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals](#) #5751 in [Books > Cookbooks, Food & Wine > Special Diet](#)

## Customer Reviews

Excellent, Valuable , Important, Great information written with intelligent intensity and knowledge on the importance of Nature's way of supplying Antioxidant vitamins. Nature's miraculous cell defenders and Herbal Antioxidants. Relationship between antioxidants and herbals and possible effects in the prevention and possible reduction of the intensity of a Cancerous condition, HIV and other illnesses. Half of the book is a cookbook describing simple to make nutritional meals, side dishes, breads, sauces, salads and desserts. With important nutritional breakdown of the meal. An important book for health conscious people who spread the word.

What a fantastic book. I have already done a lot of recipes. Michael Savage is the man who really knows his stuff as he has a Ph.D. and I am so happy to have this book.

Love this book

Michael Weiner (Savage) really knows his stuff. This cookbook has many affordable and delicious recipes for anyone. Worth every cent!

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