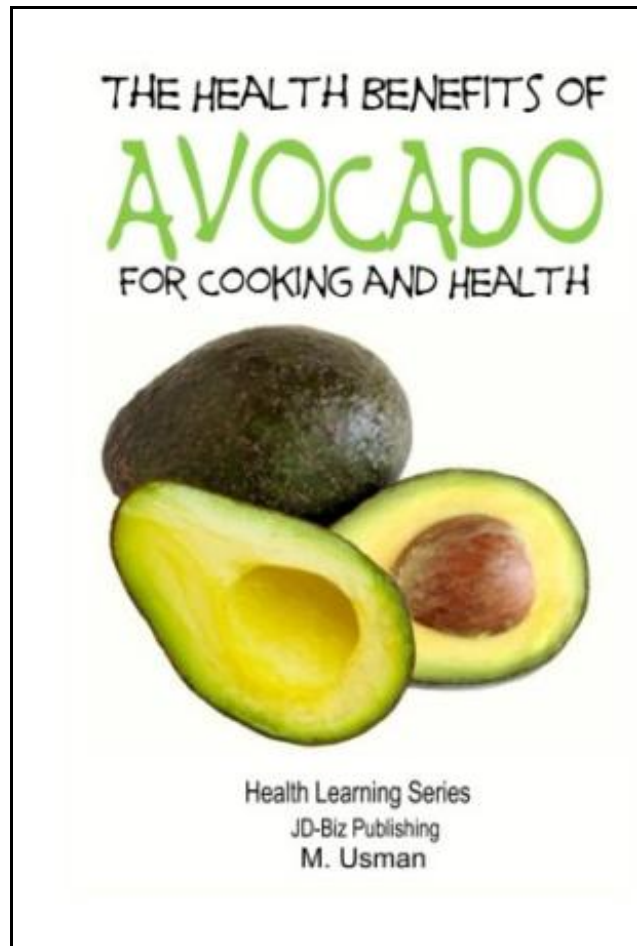


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(Rebecca Bechtelar)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.HEALTH BENEFITS OF AVOCADO - For Cooking and Health Table of Contents Introduction Section 1: Avocado Chapter 1: What is Avocado? Chapter 2: History of Avocado Chapter 3: How to Choose the Right Avocado Chapter 4: Nutritional Breakdown of Avocados Section 2: Health Benefits of Avocados Chapter 5: Protection against diseases Chapter 6: Avocados for Weight Loss Chapter 7: Avocados for Skin and Hair: Section 3: Including Avocado In daily diet Chapter 8: Recipes for Avocado Section 4: Fun Facts about Avocado Section 5: Conclusion Introduction Health Benefits of Avocado The Pear Shaped Fruit You might have heard the name Avocado a thousand times and wonder what it is. Well for starters, avocado is a fruit that is pear shaped in appearance. If you re into fruits and veggies and believe in natural ways of living an ailment free life, then this book is all you need. Even if you don t like fruits, you should still know about this one. Being a nutritionist, I would crown this fruit as the king of all fruits because of its nutritional value and health benefits. The interesting thing is that all these benefits come with no side effects, which are quite frequent with the advertised pills and supplements. In our daily life we give value to things that are ready to eat or things that we can eat on the go. No wonder diseases like heart attack, high blood pressure, arthritis and obesity are so common in western lifestyle. Yes, I called obesity a disease. To you obesity might only mean having socially unacceptable outlook, but medicine people would tell you that obesity is the harbinger of countless diseases. The...



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