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Health Benefits of Avocado - For Cooking and Health (Paperback)

By John Davidson, M Usman

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...



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Reviews

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A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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