



# NEWS FROM RODALE BOOKS

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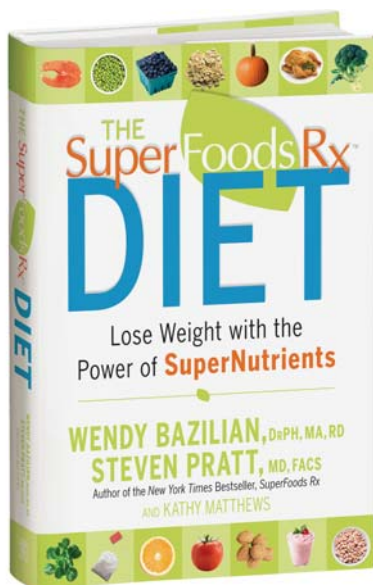
## The SuperFoodsRx™ Diet

*Lose Weight with the Power of SuperNutrients*

By Wendy Bazilian, DrPH, MA, RD,  
Steven Pratt, MD and Kathy Matthews



*Their first two bestsellers identified 14 SuperFoods that lead to a healthier, longer life—including delicious favorites like blueberries, tomatoes, walnuts, and yogurt. Now the authors present a diet featuring the nutrient-dense SuperFoods that will help you quickly shed excess pounds and keep them off forever.*



Rather than concentrating on the balance of protein, fat, and carbohydrates, *The SuperFoodsRx Diet* utilizes the incredible benefits of micronutrients—vitamins, minerals, bioflavonoids, fiber, antioxidants, and other phytochemicals—to burn calories. These powerhouse nutrients found in the 14 SuperFoods actually boost your body's metabolism, and the specific combinations in this plan will give you the best results possible. Based on extensive research and studies with real people, *The SuperFoodsRx Diet* will help you reach your optimum weight by showing you how:

- To lose up to two inches off your waist and 8 pounds in the first two weeks
- Eating SuperFoods will keep you satisfied and reduce cravings
- To eat more food consistently while losing weight
- The built-in flexibility of this plan and the delicious, simple recipes will make *The SuperFoodsRx Diet* your lifelong guide to good, healthy eating

**WENDY BAZILIAN, DRPH, MA, RD**, is a doctor of public health, registered dietitian, and American College of Sports Medicine–certified health and fitness instructor. She is the owner of Bazilian's Health Clinic. She lives in San Diego, California.

**STEVEN PRATT, MD**, is the bestselling author of *SuperFoodsRx* and *SuperFoodsRx Healthstyle* and a senior staff ophthalmologist at Scripps Memorial Hospital. He lives in Del Mar, California.

**KATHY MATTHEWS** has co-authored several health and medical bestsellers, including *SuperFoodsRx*, *SuperFoodsRx HealthStyle*, *Medical Makeover*, and *Natural Prescriptions*. She lives in Westchester, New York.

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