



# My Physician Guide to Superfoods

*Mona Scabbard*

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## **My Physician Guide to Superfoods** Mona Scabbard

The My Physician association is composed of top medical professionals who have come together with the goal of educating the public on critical health issues. Drawing on expert knowledge and decades of experience, we have created the My Physician guides to bring you only the most relevant information on the conditions that affect you. Inside the My Physician Guide to Superfoods, you will learn the basic principles of eating well, how the digestive system functions, how your diet may be slowly damaging your body, what free radicals are and how the wrong foods can contribute to higher levels of them, a comprehensive list of the essential vegetables, herbs and nutrients you need, which superfoods contain probiotics and how they can improve digestive functioning, tips to help you lose weight, and much more!

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