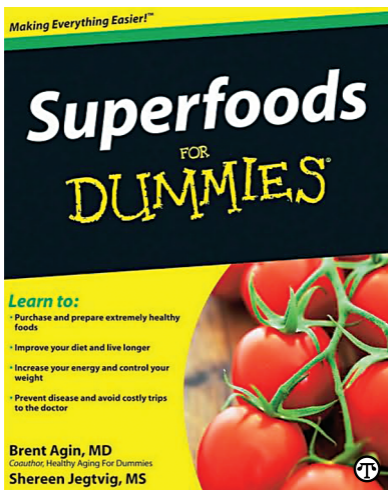


## Superfoods

(NAPSA)—There's good news for those looking to eat healthier, lose weight or fight off disease.

A new book, "Superfoods For Dummies" (Wiley), offers important insights on superfoods—foods rich in antioxidants and high in fiber that contain an abundance of nutrients. Blueberries, spinach and salmon are just a few nutritious examples.

"Superfoods For Dummies" tells you how you can make superfoods part of your lifestyle and gives you tips on shopping, preparing and even growing your own.



**A new book reveals the health benefits of eating "superfoods" rich in nutrients and high in fiber.**

Other sections detail the benefits attributed to specific foods and how they are used by some to boost the immune system, aid heart health, promote weight loss and improve digestion.

Written by Brent Agin, M.D. and Shereen Jegtvig, MS, the book is available wherever books are sold and on [Dummies.com](http://Dummies.com).