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Body and Soul by Michael van Straten (2002-10-17) Michael van Straten. 5.0 out of 5 stars 3. Paperback. 5 offers from £5.99. How Not To Die: Discover the foods scientifically proven to prevent and reverse disease. Michael Greger.

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Synopsis From the unusual sweet-cherry or lettuce, mint, and pea to the traditional mulligatawny and fresh tomato, "Super Soups" advises on how to maximize nutrition to boost every aspect of your lifestyle.

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Kettle & Fire 1. Anti-Inflammatory
Turmeric Cabbage Soup This soup is very
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anti-inflammatory... 2. Butternut Squash
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regular butternut squash soup. It is
bursting with flavor! The... 3. Anti-
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Zoodles. With a healthy dose of turmeric, this classic soup is the antidote to... Ginger Acorn Squash Soup with Thai Mini Meatballs. Serve this delectably creamy soup in an acorn squash bowl and finish... Instant Pot Curried Cream ...

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Warming foods to feature in your soups include: leeks, onions, turnips, spinach, kale, broccoli, quinoa, yams, squash, garlic, scallions, and parsley. As a spice, turmeric aids with circulation, a great boost against the cold weather. 3.

Detoxifying Broth. As a liquid, soup is

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Body And Soul already helping you flush waste from your body.

~~3 Healing Soups | The Dr. Oz Show~~

For starters, soup retains more fiber than juice, is better for your blood sugar, and can be served hot or cold. The 3-Day Super Soup Restart Cleanse makes your

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breakfast, lunch, and dinner healthy and delicious at the same time. You can reap all the benefits of these healing mineral- and vitamin-rich recipes at all hours of the day.

~~The 3-Day Super Soup Restart Cleanse
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Heat up coconut oil in a large pot over medium heat. Add onions and sauté for 5 minutes or until translucent. Add in garlic and cook for 1 more minute. Add in celery and mushrooms and sautee for about 10 minutes or until mushrooms have wilted. Add in spices (including ginger, if using) and water and bring to a boil.

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~~The Ultimate Immune Boosting Soup~~
~~The Healthy Maven~~

Healthy soup recipes. 67 Items Magazine
subscription – save 44% and get a
cookbook of your choice ... Packed with
chickpeas, peppers and kale plus apricots
for sweetness, this satisfying soup is super-

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Body And Soul . Healthy 40 mins . Easy . Healthy .
Vegetarian . Cauliflower soup. 29 ...

~~Healthy soup recipes - BBC Good Food~~
Spicy Chicken Thai Soup. Chicken broth,
coconut milk, ginger, garlic, chicken,
mushrooms, and a few other good things
come together in a quick 15-minute prep,

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and simmer for about an hour. "It is especially nice if you are feeling a bit under the weather," says Maxine.

~~15 Soothing Soups for Cold and Flu
Season | Allrecipes~~

Red Ginseng. Highly regarded for its health-giving properties, red ginseng is

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thought to have a warming effect on the body. It is often served in a soup with chicken, which also has warming properties. Ginseng may also be served in a soup with red dates (jujubes), which are thought to improve blood circulation.

~~Healing Chinese Soup Recipe With~~

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Body and Soul by ...~~

Vegan Carrot Soup. Yukon Gold potatoes—instead of cream—make a smooth carrot soup vegan and add a mild sweetness. If you don't have Yukon Golds on hand, russet potatoes will work, too.

—Taste of Home Test Kitchen, Milwaukee,

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~~60 Easy Healthy Soup Recipes | Taste of Home~~

This is a compilation of soups recommended by my Shifus (shifu is Cantonese for a skilled master), a loving term for my friends who are experts in

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Chinese healing recipes. Pig spine and tail soup was the most popular recommendation. This is a recipe that's said to lower body heat and help you regain energy.

~~Healing soups for dengue patients |
Inquirer Lifestyle~~

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Body And Soul Super Soup Healing Soups For
Liquid Diet (Including High Calorie Tips)
Soups Add whole milk, evaporated milk,
or heavy cream for extra calories SUPER
SOUP 10oz can of any cream soup 4 oz
heavy cream 6 oz whole milk 4 Tbsp non-
fat dry milk powder Strain soup before

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serving Makes 2 servings Provides ...

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Super Soups takes the world's greatest comfort food and shows you how soup can give you better health, more energy and even make you feel sexier. Michael van

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Straten, author of Super Juice and Super Salads, has created 50 soup recipes designed to give lifestyle benefits such as clear skin, weight loss, and better moods. Each simple and delicious recipe is also a great natural remedy for ...

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Stay ahead of the game during cold and flu season with this Anti-Inflammatory Turmeric Chicken Zoodle Soup. It is paleo-friendly, Whole 30 compliant, AIP, and SCD. When a dish works with so many healing, therapeutic diets, you know it's gotta be packed full of goodness—and this

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