



# The 28-Day Antioxidant Diet Program

*Steven Masley*

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## **The 28-Day Antioxidant Diet Program** Steven Masley

The 28-Day Antioxidant Diet Program by Steven Masley, M.D. gives you the latest news about foods rich in antioxidants -nature's healers and immune system boosters.

Dr. Masley has a unique approach to medicine - he wants people to use foods for healing, rather than relying on drugs. Now you can follow his one-month program for healthier living and natural weight loss. Dr. Masley has included 80 fabulous vegetarian recipes that are loaded with antioxidant rich foods. The recipes are not only delicious - they're also quick and easy to prepare.

This nutritional guide will maximize your health and energy through increasing the amounts of antioxidant-rich foods in your diet. Most programs focus on cutting foods out. Dr. Masley on the other hand, encourages you to ADD colorful and delicious foods to your diet.

By following Dr. Masleys' program, you can expect to loose weight, feel better, and improve your health.

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