



Whole Body Reboot: The Peruvian Superfoods Diet to Detoxify, Energize, and Supercharge Fat Loss

Manuel Villacorta MS RD

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What exactly is the superfood Incan diet, and what makes eating the Peruvian way so beneficial? In his third book, Manuel Villacorta lays out the important elements that make his dieting plan a well-seasoned recipe for long-lasting health.

"Superfood" is not just a buzz-word or a passing vogue; it's the integral component to leading a healthy lifestyle, a word many of us are recognizing by the minute. As these once obscure products find broader distribution and consumers have greater access, superfoods are finding their way into mainstream supermarkets, gradually becoming a staple to the American diet. The benefits of consuming Peruvian superfoods are astonishing: from fighting cancer and reducing inflammation to boosting energy and enhancing memory? these foods have it all. In his Peruvian superfoods diet, Villacorta provides simple yet thorough explanations of weight-loss, anti-aging, and disease-fighting concepts by using an appealing page layout displaying beautiful color photography, easy-to-read bullet points, and sidebars summarizing each health benefit.

What makes Villacorta's book so enticing, aside from his mouth-watering recipes, is that he offers specific meal plans geared towards both men and women looking to lose weight and lead a healthier life. He has also created custom 7-day meal plans for vegans, vegetarians, omnivores, and gluten-free diet preferences. By using the core principles from his first book, *Eating Free*, Villacorta proves to his readers that they can successfully follow a super-health weight-loss plan, easily gain the skill in cooking from scratch, dine with elegance, and reduce every-day stress.

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