



# **Eat Yourself Super One Bite at a Time: A Superfoods Journey for the Happy, Healthy, and Hungry**

*Todd J. Pesek*

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Eat Yourself Super seeks to educate readers about Superfoods: what they are, where to find them, how much to eat, and how to prepare them. Using “Dr. Todd’s Superfoods Pyramid” and “Secrets of Long Life” research as the basis for this discussion it shows readers how current scientific and medical research echoes the Doc’s finding on longevity and vital living cross-culturally, through the Superfoods diet. Each level of the pyramid has its own chapter in the book, where the function and benefits of the foods featured on that level are explained. In addition, you will learn about the need for sunshine, pure water, balance and reflection, and indulge in a large number of easy to prepare recipes accommodating to all ability levels. Dr. Todd’s family prepares foods from these recipes every day, and they feel good about inviting readers to join the Superfoods table.

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