

# Super Nutrients Handbook (Healing Handbooks) By Lyndel Costain

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Dec 01, 2014 Leading dietician Lyndel Costain says: a nutritionist at the MRC Human Nutrition Research Centre in Cambridge, fatigue, slow healing of cuts,

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## **Tommy toes | easdale people**

apparently. According to the Super Nutrients Handbook\* all heat-processed tomatoes are beneficial, so even that ketchup on your bacon butty counts!

### **All hail the curly kale | life and style | the**

Dietician Lyndel Costain, author of Super Nutrients Handbook, had this to say: "Baby leaf curly kale is a more delicately flavoured,

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Lyndel Costain, B.Sc.RD, award winning dietitian and author of Super Nutrients Handbook, says,

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