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Superfoods to Rejuvenate Body, Mind and Spirit. When the goal is rejuvenating the body, mind and spirit, the method should be smaller, more frequent snacks and meals. This will help keep energy levels on an even keel, and regulate your blood sugar levels to avoid spikes and dips. When you choose the right combination of foods, your body gets the much-needed boost it needs to sustain itself properly, even through those slumps later in the day. So dump those high sugar junk foods and reach for the following foods and get that boost you need.

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