

# 5 Steps Reboot Your Summer Body with Peruvian Superfoods

By Manuel Villacorta, MS, RD

The time to shed that winter coat and rock your summer body is here. You might be tempted to try a quick fix diet to lose weight, but rather than a quick fix... do a reboot to achieve the body you really want. By "reboot" I mean a process that restores energy and health through well-balanced nutrition rather than deprivation. A reboot uses powerful antioxidants and phytochemicals in nutrient-rich foods to support your entire body – cells, immune system, metabolism, weight, and mind; sustaining you for life, not just a few summer days. Keep in mind even if a quick fix works for weight loss, the gains are short-term because you can't stay on it forever. You lose weight because you're not getting enough calories. A quick fix makes you feel better for a short time, because you haven't eaten junk food for a few days, but does that really mean you've made long-term progress?

I've helped thousands of clients reboot their bodies through balanced nutrition. The key to transforming your health/body is found in Peruvian superfoods which hail from the Andes to the Amazon and are some of the most functional foods on our planet. A nutrition reboot of nutrient-dense foods, rich in antioxidants, phytochemicals, vitamins and minerals gets your eating habits on track, so your whole body – metabolism, skin, brain, heart, immune system, and mind are feeling renewed and restores your body's systems for optimal function. Nutritionally-dense foods reduce cravings and sugar spikes which are detrimental to achieving the optimal body you want.

## 5 Steps For A Successful Nutrition Reboot

**Make Smoothies:** Some clients in my private practice feel overwhelmed by the challenge of incorporating into their daily eating all the fruits and vegetables I recommend. A good and simple way to incorporate fruits and vegetables is by making a healthy smoothie from a colorful variety of fruits and vegetables with healthy fats and protein – not drinking fruit drinks with sugars. A rule of thumb for fruit is to keep proportions balanced by limiting them from 1 to 1 1/2 cup per serving. Balance fruits and vegetables by adding healthy fats rich in monounsaturated and omega-3 (anti-inflammatory) such as avocado, chia seeds and flaxseeds. Make it a complete meal by adding protein powder. When making smoothies vary the colors, so you can benefit from an array of phytochemicals – the substances in fruits and vegetables that give their color, and protect the human body from disease. While there is science behind phytochemicals, there is no single scientific way to make a smoothie. Balance ingredients and remember there is lots of room for creativity!

**Eat up antioxidant and anti-inflammatory foods:** Free radicals are a problem. A free radical is an unstable molecule that latches onto healthy cells making them unstable, they create a chain reaction and their number one characteristic is their ability to contact our DNA and mutate the strains which can lead to cancer and chronic diseases. The antioxidants in anti-inflammatory fruits, vegetables, herbs, whole grains, and fats reduce the number and effect of free radicals by neutralizing free floating free radical throughout the body.

**Be colorful:** The key to healthy nutrition is variety through a full range of healthy foods. The colors in fruits and vegetables are caused by phytochemicals which have a range of healthy properties: Blueberries, pichuberries, purple potatoes, cilantro, red quinoa, sweet potatoes, and all other colors of the fruit and vegetable rainbow.

**Get cooking:** An incredible thing to do for health is to cook your own meals. You can't control your nutrition and weight until you know what you are eating. Restaurants and packaged foods hide that information. Also, cooking isn't just about dinner; prepare and pack your breakfast and lunches as well. Boost this healthy habit by easing into it. Start with a goal of three meals per week be it breakfast, lunch for the office, or dinner. Mix and match your meals and find simple recipes that best suit your time frame.

**Eat up:** Bodies secrete a hormone called ghrelin, which controls our hunger and drives our appetite. If we do not understand, monitor, and control our ghrelin,



we can forget about controlling our weight. Ghrelin is one of our bodily survival tactics – a hormone secreted in the stomach to ensure that we eat. Once ghrelin is released, we are powerless to avoid eating. Science reports the best way to control ghrelin is to eat small, balanced meals about every three hours or so because ghrelin spikes after 3-4 hours of fasting. Eating with regularity keeps this eating trigger at bay. Ghrelin also spikes if we are deprived of carbs. It's important to give our bodies and brains the carb fuel they need. When we skip meals or avoid carbs, we are inviting ghrelin to spike which increases and makes us feel emotionally hungry. Success in controlling your weight means that you embrace your hunger by eating which fuels your body. Eat breakfast within an hour of waking, do not skip meals, combine carbohydrates (sweet potatoes, oatmeal, beans, quinoa, fruits) protein, and healthy fats (avocado, olive oil, and flaxseed) in every main meal. The only true 'quick fix' for health and weight maintenance is to reboot your nutrition completely.

## SMOOTHIE SUGGESTIONS

### Yellow Reboot Smoothie

Pichuberry holds a low glycemic index of 25, making it a weight-loss friendly fruit. This superfood contains a unique natural-occurring chemical called withanolide, a potent antioxidant and anti-inflammatory phytonutrient. Serves 1

#### Ingredients:

½ cup yellow cherry tomatoes  
1 cup pichuberries  
½ cup yellow squash, raw, skin on, chopped  
½ cup pineapple  
1 shot (2 ounces) of youthH2O  
1 tablespoon chia seeds; ½ teaspoon turmeric  
20-25 grams protein powder (soy, rice, pea or whey)  
1 cup coconut water.

#### Directions:

Put ingredients in base of a blender. Puree until smooth. Add water to desired consistency.

\*\*\*\* YouthH2O contains Organic Maca, a natural energy enhancer, Camu Camu, an immunity booster and aids in maintaining healthy and glowing skin, and the most powerful super Antioxidant, Purple Corn Extract that will revitalize your entire body and can help you lose weight.

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