

The Superfood List so YOU Can THRIVE...

LET THY SUPERFOOD, SUPERSPICES BE THY MEDICINE AND LET SUPERNUTRITION RULE!!

AS YOU ARE PROBABLY WELL AWARE, THAT FOOD CAN BE THE BEST FORM OF MEDICINE OR THE WORST FORM OF POISON. WE ARE A MALNOURISHED NATION NOT FOR THE LACK OF FOOD, BUT WE'VE FALLEN INTO A MATRIX OF EATING FRANKENFOODS THAT ARE NOT REAL WHOLE CLEAN FOODS THAT ARE COMPILED OF MINERALS, ENZYME S AND NUTRIENT RICH COMPOUNDS. MOST PEOPLE FEEL HUNGRY OR LACK WILLPOWER WHEN DIETING MOSTLY DUE TO A LACK OF ADEQUATE BALANCED NUTRITION.

IN 400 BC HIPPOCRATES SAID, "LET FOOD BE YOUR MEDICINE AND LET MEDICINE BE YOUR FOOD." BOTH ASPECTS OF THIS QUOTE MUST BE CONSIDERED- NOT JUST FOOD AS MEDICINE, BUT ALSO MEDICINE AS FOOD- THAT MEANS SUPERFOODS, HERBS, SPICES FROM THE MOST NUTRIENT RICH PLANTS IN THE WORLD.

HERE'S MY TOP PICKS OF SUPER NUTRITION THAT YOU CAN BEGIN INCORPORATING AS A LIFESTYLE CHANGE THAT SYNERGESTICALLY WILL IMPROVE YOUR BRAIN AND MIND POWER, INCREASE ENERGY, SUPPORT WELLNESS AND HELP ONE LOSE WEIGHT!

SUPERFOODS ARE KNOWN TO BE FUNCTIONAL FOODS BECAUSE THEY PROVIDE BENEFITS TO THE BODY BEYOND SIMPLE SUSTENANCE. THEY'VE BEEN KNOWN TO PLAY A MAJOR ROLE IN CANCER PREVENTION, REDUCTION OF RISK FOR CARDIOVASCULAR DISEASE, STROKE, DIABETES, AND A HOST OF CHRONIC AILMENTS. IT IS NOW KNOWN THAT THESE SAME FOODS CAN ALSO BOOST YOUR ABILITY TO BURN CALORIES, REDUCE EXCESS WEIGHT RELEASE, ENHANCE YOUR IMMUNE SYSTEM AND HELP ONE AGE MORE GRACEFULLY.

AS WE ARE LIVING CELLULAR BEINGS WHOSE BODIES AND BRAINS STAY BALANCED WHEN OUR CELLS ARE FED ABUNDANTLY WITH BENEFICIAL SUPER NATURAL NUTRIENT DENSE CONCENTRATIONS OF ESSENTIAL VITAMINS, MINERALS, OMEGA 3 FATTY ACIDS, ANTIOXIDANTS, BETA CAROTENE, FIBER, FOLIC ACID, GLUTATHIONE, LUTEIN, LYCOPENE, POLYPHENOLS, RESVERATROL, SELENIUM, PROBIOTICS AND ZEAXANTHINS.

WATER... is so precious and vital to our well-being and yet what looks so clean and tastes good can be deceiving. The Environmental Working Group (EWG) lists [316 different chemicals](#) that can be found in tap water throughout the county. Flouride in most city and towns is one of the major factors contributing to Thyroid disease.



Drinking bottled water not only contains BPA's (Bisphenol A) a known carcinogen which mimics estrogen, interferes with hormone levels and of course, linked to risks of many cancers. The common chemicals found by the EWG include arsenic, fertilizers, metals, industrial solvents, chlorides and pharmaceutical drugs.

On the flip side purified water has all the solids and impurities taken out but not all water filters are created equal. Water's function inside the human body is to improve blood flow, promote metabolism plus it not only moistens tissues and membranes but is used to transport and purify lymph vessels and flush out impurities and toxin from the body. It keeps the body healthy on many different levels, by supporting the immune system, activates the intestinal bacterial flora and enzyme pathways which ideally needs to be distributed to the 60 trillion cells to help deliver various trace nutrients, vitamins and minerals. I have been so blessed to have found the most amazing water filter system for my family's health by a company called Enagic. This filtered ionized pure water delivers highly antioxidant reconstructed water thru the electrolysis process giving it greater mineral content and producing an active hydrogen molecule to help eliminate free radicals from the body. This ["magic" water](#) can simply change your life because of all the healthy properties that have a powerful detoxing effect flushing out much accumulated waste in the colon, toxic fat, while hydrating and oxygenating necessary tissues.

The next best water pitcher filtering system that is so eco-friendly and does take out 99% of chemicals including lead which most do NOT and the coconut filters last twice as long, protecting you and your family. Learn why you need to invest in this most affordable and vital household countertop to [refrigerator pitcher](#).

Remember it is not only what you eat and digest, but what you drink! Drinking ½ your body weight in ounces of water daily is ideal.

COCONUT... is a medium chain fatty acid (MCT) which has been studied and found that [MCT's increase lipid \(fat\) oxidation](#), which in fact means coconut will burn up excess calories and help you lose weight! Recent research has proved that this saturated fat will reduce cholesterol, even LDL levels, triglycerides, phospholipids and be the powerful fat burner, muscle building component to add into your diet moderately.

The best known sports drink that can enhance athletes performance is coconut water or “nature’s sports drink” due to its high levels of key electrolytes that match our blood levels without the toxic side effect of other well-known sport drinks marketed.

When choosing coconut oil, make sure to get “unrefined” so it is in its most natural state with less processing.

[Coconut oil](#) helps with the absorption of other fat soluble vitamins, calcium and magnesium allowing for better digestion. If it’s taken at the same time as omega-3 fatty acids it can make them twice as effective and more readily available to be digested and used by the body.

Use coconuts to lessen symptoms of glycemia, aids the immune system and fight off bacteria, viruses, fungal overgrowth like candida and help rid the body of parasites due to the presence of its [lauric acid](#). IF kidney stones are an issue, [coconut oil](#) to the rescue.

GREEN TEA...has many active stellar constituents like polyphenols that act as antioxidants that protect us from disease preventing cell mutation, oxidation damage, but did you know they are anti-bacterial and viral in nature? Polyphenols are also powerful anti-inflammatories and there’s a strong connection between obesity and inflammation.



It’s also remarkable to improve insulin activity by stabilizing blood sugar and balances your energy levels while at the same time it speeds up the rate which your body burns calories and stops the body from storing extra fat. These [catechin’s](#) are known to have a mild thermogenic property which boosts metabolism to ramp up the calorie burn. Theanine in [green tea](#) plays a major role in reducing stress and who isn’t stressed today, but think about what’s going on in your body and support your immune and oxidative pillars of health-my favorite is matcha or for on the go convenience hot or cold check out these pocket book [packets in two delicious flavors](#).

CULTURED DAIRY & GRASS-FED DAIRY

(CLA-CONJUGATED LINOLIC ACID)...dairy is controversial and for some individuals needs to be avoided if their immune response has become sensitive to this protein source. It's molecular structure is very similar to wheat and the immune system sometimes recognizes it the same and it [cross reactive for gluten/wheat intolerant individuals](#).

The majority of Americans today have a lack of good gut flora or otherwise probiotic deficient. Cultured dairy known as Amasai and/or Kefir provide a wide variety of essential nutrients like CLA, Vit. D3, K2 & B's, calcium and Omega 3 fatty acids that all help nurture the digestive tract, aid in digestion and detox the intestinal tract from toxins and bad bacteria. It also helps reduce inflammation, promotes weight loss and boost immunity. As with yogurt it doesn't contain even half the amount of [lactic acid](#) as Kefir or Amasai which is known for its ability to kill off E Coli bacteria quickly.

These cultured dairies need to be organic, from grass-fed cows, low temperature processed or raw and free of a harmful protein called beta-casein A1. Conjugated Linolic Acid from organic or grass fed cows helps burn fat and has been studied and found to be 300-500% more nutrient dense than from cows fed corn and grains. The American Medical Journal of Nutrition has reported this superfood beneficial to helping fight certain cancers and decrease heart disease.

CULTURED WHEY...(FERMENTED FOODS)are a byproduct after milk has

been coagulated with rennet to form cheese curds. The Greeks long ago used to call it "healing water", but its also been known that Hippocrates recommended whey as a treatment over 2400 years ago. It has four main healing properties:

1. Stimulates intestinal peristalsis making it helpful for constipation
2. Generates intestinal flora improving digestion
3. Eliminates excess water retention helping reduce blood pressure and swelling
4. Stimulates toxin elimination by the kidneys

[Cultured whey](#) can also work as a natural sport drink or be added to one of your DIY recipes:

Natural Homemade Sports Drink Recipe

- 1 quart of liquid (options: green or herbal tea, whey liquid, coconut water, etc)
- ½-1/4 tsp [Himalayan Sea Salt](#) (regular table salt will work, but it doesn't have all the trace minerals)
- ¼ tsp calcium magnesium powder about 1,000mg (optional preference...Natural Vitality Raspberry-Lemon Flavor, vegan & gluten free)
- ¼ cup or more of juice (optional. Can use grape, apple, lemon, lime, pineapple, etc)

- 1 TBSP sweetener (optional)- can use honey or just a few drops of liquid stevia. I suggest brewing stevia leaf into the base liquid for the most natural option.

Instructions

1. Brew tea if using or slightly warm base liquid
2. Add sea salt and calcium magnesium (if using)
3. Add juice and mix or shake well
4. Cool and store in fridge until ready to use

Note: I use ¼ cup of organic lemonade and if using whey you can forego the calcium magnesium supplement. Another easy alternative is just mixing [Vitamin C powder](#) with water, whey and a little juice!

I use this for my kids as I get so angry and disturbed that the highly chemical ridden Gatorade's or other marketed brands remain on the shelf as people slowly poison their minds and bodies. If time is a factor then the best natural alternative is [Shaklee's Natural Sports Aid](#) and you can confidently know that our American Olympians use to recharge & fuel their bodies as it tastes good too. If you're an athlete or have future little one's adding cultured whey to their hydration regimen will help boost endurance, performance and possibly bring them to the next level in their competition. This is also a good remedy for muscle cramps which come on due to a depletion of minerals.

What if you or someone you know suffers from Gout, Constipation, Kidney Stones, Fatigue, Acid Reflux, Eczema, High Blood Pressure and Weight Loss you can learn to make your own and get starter kits from [Body Ecology.com](#)

This is also a good resource to begin making your own fermented and cultured foods that lack in the Standard American Diet and are vital for keeping our digestive health optimal as most disease begins in the gut because of the lack of good gut flora. Remember if you learn more on how to empower your immunity which is vastly located in the digestive system it can help protect you from illness and foreign invaders. It is now becoming hugely recognized that our inner eco-system, the microbiome is responsible and the best way to activate the body's natural defense system, halt harmful microbes and detoxify from the bad bacteria's, viruses, chemicals, pesticides and other pollutants that lead to the serious imbalance to our health and harmony within.

CHIA, FLAX AND HEMPSEEDS...



These little powerhouses of what nature provides us to literally THRIVE are plants that have strong characteristics and constituents that do not require any pesticides or herbicides to help them do the same. They deliver maximum nutritious value with little calories, provides protein power, promotes digestion and also purges toxins from our system.

CHIA SEEDS are highly valued for their medicinal properties and at one time used as currency by the Aztec's as they provided the warriors with high energy and endurance. They are high in [fiber](#) with a whopping 11grams per ounce and one serving can help boost the needed daily intake of fiber according to the American Dietetic Association. Fiber is an absolute essential for your body's ability to detoxify and both flax and chia can be used as a natural laxative for this reason and they are healthy fats which is crucial to our well-being. Chia seeds are high in linoleic acid, a fatty acid which helps the body absorb fat soluble vitamins like A, D, E and K. There is more [calcium](#) available in a serving of these seeds than from a serving of dairy which can have its adverse effects on individuals creating more mucus and imbalance. Another real value for the consumer is its very high in Omega 3 fatty acids even more so than salmon. The best way to ingest [chia seeds](#) are not dry but soaked in water or another liquid as it can absorb up to twelve times its own weight making it gelious in nature, helping to satiate and improve digestion.

FLAXSEEDS are a similar superfood, rich in omega 3's to counter inflammation, a great source of Vitamin B's, high fiber and low in carbs making it a good go to for those who need to fill up by feeling fuller longer. Another healthy component is they are very high in [lignans](#) which means they have beneficial estrogen and antioxidant qualities. [Flaxseeds](#) contain 75-800 more lignans than other plant foods and are rich in magnesium another mineral our culture is low in. They have been noted by studies to support detoxification, help those who suffer with arthritis and because of the abundance of calcium and boron a great recommendation to those with woman who battle Osteoporosis.

HEMPSEEDS received a bad rap and became part of a conspiracy of propaganda that its leaf held substantial psychoactive substance of THC which in reality equals less than 1 percent of pure Cannabis by its flowers versus marijuana which ranges from 3 to 20 percent equating to nothing comparatively similar to any same such side effects. Leading researchers are now considering it to be one of the most nutritious food sources on the planet packed with pure [digestible protein](#), essential fatty acids(omega 3's & 6's), GLA(gamma linoleic acid(an amino acid that supports brain health),

antioxidants, phospholipids, B's galore and a multitude of the same minerals which act like catalysts for the body to function optimally. Enjoy [hempseeds](#) sprinkled on salads, in smoothies, wraps or incorporate into pesto's.

OCEAN VEGETABLES (ALGAE, SPIRULINA, CHLORELLA, WAKAME,



DULSE, KELP, KOMBU)...

these protein

packed blue-green algae's have been living on the planet since the appearance of life on earth from warm fresh water lakes to ocean depths. It is clearly responsible in regards to helping sustain and develop the food chain. Algae, spirulina, chlorella colors are in retrospect to its high contents of chlorophyll and the blue color from a pigment [phycocyanin](#) which helps induce the production of more [stem cells](#) from the bone marrow. Stem cells have the function of repairing damaged cells from oxidative stress that occurs in the body. AFA(Aphanizomenon flos-aqua) present in blue green algae is a rich compounds that provide antioxidants which are proven to reduce levels of oxidative stress. . These high concentrations will also act as blood builders because it contains as much iron as red meat. By providing nine to 22 essential amino acids that are more digestible than meat which only clogs up the colon versus supporting a healthier digestive system.

They are one of the most nutrient rich foods on the planet, packed with protein, a rich source of vitamin A(beta-carotene), B's, E , K and D that get quickly assimilated into the biochemistry of the body. When eaten raw, as all superfoods should be to preserve and deliver all of their impeccable healthy and highly bioavailable nutrients.

Their natural source of enzymes and phytonutrients will enhance balanced [brain chemistry](#), boost the immune system since it increases white blood cells, regulates blood pressure and cholesterol with its high mineral components.

This "miracle" food supports thyroid health, energy production and is claimed to aid in [weight release](#). In studies done at the Hokkaido University they discovered the brown algae's super nutrient Fucoxanthin promotes fat burning by increasing the expression of thermogenin properties making this an excellent addition to those looking to decrease toxic fat and purify the blood.

As research has proven consumption inhibits certain cancers and it's now a proven fact that the more beta-carotene you have in your diet the longer you will live. Another only is that spirulina is the only green food rich in essential fatty acid gamma-linolenic acid(GLA) responsible for inhibiting the formation of inflammatory prostaglandins and specific metabolites which will reduce symptoms of

[arthritis and allergies](#). The cell wall of spirulina is composed of a mucopolysaccharide that is easily broken down by the human digestive system instead of some plant indigestible cellulose.

As a high sulphur bearing amino acid Chlorella helps detoxify the liver and nervous system taking out the poisons as used effectively for ADHD individuals removing aluminum and carbon tetrachloride's from the body.

How do I get my daily dose? From a powder form by adding one scoop into my water as an alternative to juicing vegetables which can be somewhat messy and time consuming. Look for brands that are RAW, minimally processed at low temperatures for maximum benefits. You can purchase Kombu, Kelp, Wakame and Dulse from local health food markets and add them to soups and stews for added nutritional value of necessary minerals.

WHEATGRASS, BARLEY & ALFALFA...

Wheat grass shots have been popular for decades while back in the Depression it was used in dried, powdered form to feed livestock and people. Wheatgrass juice is the nectar of rejuvenation, the plasma of youth, the blood of all life. The elements that are missing in your body's cells - especially enzymes, vitamins, minerals, hormones, and nucleic acids can be obtained through this daily green sunlight transfusion. [Wheatgrass](#) juice has been proven over many years to benefit people in numerous ways: cleansing the lymph system, building the blood, restoring balance in the body, removing toxic metals from the cells, nourishing the liver and kidneys and restoring vitality.

For an incredible boost of energy, chlorophyll, a more digestible protein and mineral infusion that cleanses and chemically charges the body for more vital strength and health! [Alfalfa](#) also is a full spectrum plant with important vitamins, loaded with minerals such as biotin, calcium, folate, iron, magnesium, potassium and many others. It also has an unusually extensive root system that can reach as far as 60 feet into the soil which allows it to absorb more nutrients than the average plant. It has been acknowledged as "The King of all foods" and can come in [tablet forms](#) if taste might be an aversion!

George S. Bailey, Ph.D. - "Chlorophyll, the natural plant pigment that lends its color to grass, leaves, and many of the vegetables we eat, may play an important role in prevention of certain cancers. Researchers in the early 1980s discovered that chlorophylls and related chemicals can inhibit the ability of certain DNA-damaging chemicals to cause mutations in bacteria. How might this kind of "anti-mutagenic" activity be important in cancer prevention? Molecular geneticists now know that most if not all human cancers carry mutations in one or more genes that control the rates at which individual cells divide, differentiate, or die. According to current thinking, various combinations of mutations that upset this delicate balance to favor uncontrolled cell growth can then enable this irreversibly damaged cell to form a primary cancer in the lung, liver, blood, bone, skin, or

another body organ. Therefore, it seems at least theoretically possible that the anti-mutagenic power of the chlorophylls might allow them to inhibit or reduce the formation of cancers in humans.

BERRIES . . . (BLUE, RASPBERRIES, GOJI, POMEGRANTES)

GOJI BERRIES



FRESH

DRIED

GOJI (WOLFBERRY)...

At the top of the list because it is an

“adaptogen” a term used in the world of medicinal plants that has stimulates therapeutic actions in the human body. With their array of extraordinary nutrients they can nourish the body to support all levels of healing. The Chinese believe they harmonize the body increasing jing energy of the adrenals and kidneys resulting in enhanced stamina, strength, longevity and sexual energy.

Due to their high sesquiterpenoid or anti-inflammatory properties they stimulate the production of HGH(human growth hormone)and known to be the only food capable of maintaining HGH production to revitalize one’s self and metabolism. Another biggie for this berry is that they contain the highest concentration of the eyesight improving antioxidant zeaxanthin. Their tonic phytonutrient properties will help keep vital organs healthy by balancing blood sugar, enhance the livers detoxing abilities, aid digestive illnesses and hydrate the skin with its rich hydrogen content. Their (ORAC)oxygen reducing antioxidant count is over the top at 25,300 which gives them an incredible source of boosting longevity if eating daily.

Enjoy dried deep red organic berries that are similar to a raisin and eaten accordingly, alone, to trail mixes, added to smoothies, re-soaked to cereals, create protein bars and they complement cacao really well. My families daily shot of healthy vitamin C during the winter months is a very low glycemic, tasty and most powerfully nutritious NingXia Red drink fortified with the “life force” of NingXia Wolfberries. I can give you 17 very beneficial reasons to drink NingXia Red for supporting your health and well-being, but if you’d prefer to order on your own, use my #154094 when you follow this link: https://www.youngliving.com/en_US/products/ningxia-red

BLUEBERRIES organically grown have significantly higher concentrations of phenol antioxidants, flavanols, tanins, resveratrol and anthocyanins that protect your cells against free radical damage caused by oxidation. As we age we are similarly rusting from the inside out as you can visualize when

you cut open an apple and it begins to brown or a nail with time turns to rust. The skin on fruits hold the most antioxidant value so the brighter the color the more beneficial. If you wish to age more gracefully remember healthier skin begins with happier cells so feed your body ample antioxidants.

Adding one cup a day has been proven to boost brain health and fight cancer cell growth as the [Journal of Molecular Nutrition Food Research 2007](#) and other journals claim. To support reducing the silent killer inflammation, improve memory, fight against Alzheimers, increase immune support since berries are packed with vitamin C and collagen to have brighter skin as well as healthier hair, nails and even stronger connective tissue(bone, tendons and ligaments).

RASPBERRIES are a runner up which have a unique acid that also protects human cells which can help with amazing looking skin because of their rich source of vitamin C and B's to help in the metabolism of carbs, proteins and fats. Its been reported that raspberries in the American Journal of Clinical Nutrition that the associated intake of [flavonoid-rich](#) foods lower the risk of death from cardiovascular disease proving very beneficial.

POMEGRANATES AND INDIAN GOOSEBERRIES also called amia have the same valuable properties as they will increase red blood cell production, flush out toxins, strengthen the heart muscles and can be beneficial to diabetics as they reduce blood sugar when moderately eaten. Here's another example of a raw food in which their enzymes are helpful to reduce inflammation while protecting the body from oxidative stress. Adding up to a cup a day to a breakfast smoothie or as a snack all by themselves or with cultured dairy is highly suggestive. [Punicalagin](#) is a major component found only in the pomegranate and is responsible for its highly antioxidant benefits. It not only lowers cholesterol, but also blood pressure while any fruit or source of vitamin C is known to remarkably speed up the process of melting away any atherosclerosis in the arteries.

AVOCADO...



Eating an avocado a day can actually help you burn fat and keep it away by losing weight. Key nutrients in avocados help hydrate your cells keeping one younger looking and their high levels of omega 9 fats help balance hormones. They are jam packed with 20 essential nutrients while also being [fat soluble](#) meaning they will boost the absorption of other nutrients from food sources being consumed at the same time.

This stone crop fruit is essentially an anti-aging food, helpful in raising the HDL cholesterol levels, protects against free radical damage, inflammation and the carotenoids provide vitamin A for eye health, vitamin B's, K and E for circulation and what gives your skin moisture. With all these sources an avocado can boost the immune system while supporting the reproductive system and reducing the risk of arthritis. A big buzz word today is folate for its discovery to help decrease the risk of depression and reduce the buildup of homocysteine which impairs circulation in the arteries and delivery of nutrients to the brain. Excess homocysteine can also interfere with the production of serotonin, dopamine and norepinephrine which all help to regulate mood, sleep and appetite. Healthy fats, healthy brain and healthy happy hormones should put avocado's A #1 on your grocery list.

GARLIC...for centuries has been used for its powerful punch to help fight off cancer, heart disease, dangerous viruses, bacteria and parasites. It acts as a fuel for probiotics as it supports a strong immune system to help ward off serious infections, colds and flu's. Garlic is a valuable source of antioxidants which also cleans up free radical damage helping in particular the skin cells slowing down the aging process by aiding against pollutants and toxins.

As it is known to be anti-bacterial, anti-microbial, anti-inflammatory, anti-coagulant, antiseptic and anti-fungal with its high vitamin C, B6 and manganese eating this pungent clove raw makes it more potently beneficial. Be smart and cautious going raw with this potent superfood and a [complex supplement](#) may be a way to go if cleansing or building up immune defenses.

For men it's beneficial for supporting prostate health and for women it's great for killing off yeast infections such as candida.

WILD SALMON...An amazing "brain food" that is because of its amazing source of astaxanthin and [omega 3 fatty acids](#) which are excellent for slowing down the effects of aging. This oily fish provides EPA and DHA fatty acids that are crucial for growth and for maintaining a



healthier heart and brain.

The red orange color tells the story that it is part of the carotenoid family as [astaxanthin](#) is a powerful fat soluble antioxidant which promotes healthy blood vessels and improves blood lipids reducing the risk of strokes. Research published in The Journal of Nutrition and Metabolism suggests that

astaxanthin is responsible for reducing oxidative stress, inflammation and enhancing the immune system.

When choosing high quality wild caught salmon or sockeye salmon you are providing your body with an essential protein, amino acids, omega 3's, vitamins A, D, B6 and E, calcium, iron and other necessary minerals. In doing so you are protecting the body from heart disease and the brain from debilitating mental disorders including Alzheimer's while superficially giving your skin a healthy boost.

CACAO... Raw chocolate is actually a nut from a fruit and was named very meaningfully "the food of the Gods". Without the added sugar, dairy and multiple chemicals it is extremely rejuvenating with a very high antioxidant value (ORAC) that blows away all the potent berries.



It is the number one source of magnesium, a very alkalining mineral that many Americans are so deficient and yet so beneficial to helping our arteries, bowels, muscles especially the heart relax.

It acts as a neurotransmitter to the brain that brings us feelings of well-being with its decadence, improved mental clarity since its rich in serotonin, tryptophan, iron and manganese. Why we feel such bliss when eating chocolate is that the [cacao](#) bean is the only plant that contains anandamide which is a type of endorphin that the body produces after exercise giving us that feeling great reaction.

It gets better yet as it aids in weight loss and [chromium](#) the trace mineral that helps balance blood sugar. It contains a high percentage of vitamin C and omega-6 fatty acid when the one ingredient is cacao straight from the bean in powdered or nib form and only eaten when raw otherwise destroying its remarkable properties.

MACA... It has its reputation as being a powerful strength and stamina enhancer as well as aphrodisiac since its numerous & specific mineral qualities act on the hormones stimulating the endocrine system glands. It is very useful for women with menstrual irregularities, peri-menopausal or in menopause helping diminish symptoms. For the men who wish to regain their prostate health

and sexual vigor it can be taken as well in either organic powder or liquid form. Make adding it into a morning smoothie is part of your breakfast ritual.

In correlation when the adrenals are properly and optimal functioning is supported so is the immune system. [Maca](#) will effectively assist the body to deal with stresses of all types by delivering oxygen and energy when needed and not over stimulate as all adaptogens have been properly named in order to address the bodies challenges and bring balance to specific systems.

CINNAMON...numerous studies show that cinnamon regulates blood sugar, making it a great choice for diabetics and hypoglycemics alike.

It reduces LDL cholesterol levels and has natural anti-infectious compounds making it very effective against ulcer-causing H. pylori bacteria and other pathogens. It has been shown to reduce cytokines



linked to arthritic and menstrual pain.

As published in the journal of Nutrition and Cancer it may also reduce the proliferation of cancer cells making it an adjunct for sufferers of the disease. Research proves that [cinnamon](#) reduces chronic inflammation and holds promise for various neurodegenerative diseases including Alzheimer's, Parkinson's, MS, meningitis and brain tumors.

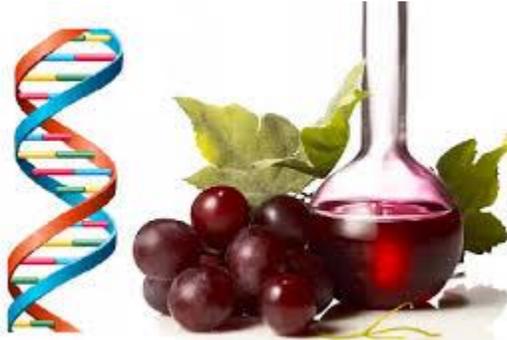
It is a natural food preservative and contains fiber, calcium, iron, manganese and another natural chemical called cinnamadehyde which helps balance [hormones](#).

ALOE...The gel of raw [aloe vera](#) contains vitamins, A,C and E, loaded with minerals, amino acids and enzymes all the very essence of our being, as well as antioxidants, fiber, sterols and most importantly polysaccharides. Which lubricate the joints, brain, nervous system and the skin. Aloe's polysaccharides have immuno-modulating affects which allows the immune system to fight back against viral, bacterial and fungal infections. Research also suggests it has calming components for digestion aiding in illness such as colitis, ulcers and IBS, but additionally supports the replication of healthy epithelial cells that line the digestive tract. Dissolving the mucus in the intestines which

increases nutrient absorption and is effective in killing yeast(candida). One of my top recommendations to any health conscious individual wanting to heal the leaky gut while helping increase nutrient absorption.

Aloe creates internal hydration because it contains hydrogen in the polysaccharide chain and sulphur relative to an important chemical found in MSM which stimulates [collagen](#) production reversing wrinkles, hardening of the organs and dehydrated tissues in the body thus restoring juiciness, elasticity and flexibility. These [sulfur](#) forms are also known to assist our IS from organisms that cause arthritis, auto-immune disorders, heart disease, cataracts, kidney and gall stones, psoriasis and more. In other studies aloes properties have demonstrated the ability to inhibit edema, and inflammation reducing cancer, heart disease, diabetes and decreases the aging process because of its rejuvenating responses. It is potent in activating the liver to produce more glutathione which is critical to the production of white blood cells and our last stand to fight off cancer as it lowers dangerous levels of homocysteine.

RESVERATROL... found in red wine and Japanese Knotweed it activates the age-slowng Sirt1 gene. In more recent studies of middle aged and elderly men and women they demonstrated significant memory recall and amazingly showed that they had increased the number of connections between brain cells by taking at least 200mg of resveratrol daily.



A landmark laboratory study surfaced honoring the potential of resveratrol, a compound in red wine, to address two key mechanisms of cellular aging including improving mitochondrial biogenesis and activating genetic regulators of longevity pathways. Numerous laboratory studies including those cited below confirm an effect of resveratrol on helping to protect against a third mechanism of [cellular aging](#), the protection and repair of DNA damage.

But Shaklee scientists went beyond resveratrol in the creation of [Vivix](#) by creating a unique and patented polyphenol blend of a supergrape (Muscadine) that adds to the power of resveratrol. While resveratrol addresses 3 of 4 of the key mechanisms of aging, it is not very effective in addressing the formation of AGE proteins which can compromise cellular integrity and longevity. So Shaklee scientists identified and created a proprietary [Rejuvetrol™](#) polyphenol blend of a full spectrum of extracts that has been shown to be 10X more powerful than resveratrol alone at addressing this 4th mechanism of cellular aging. It has been proven to reduce oxidative STRESS and the biologically aging process.

WALNUTS, ALMONDS . . .to quote Dr. Hu, co-author of the study

conducted by Brigham Woman's Hospital and Harvard School of Public Health, "we found that people who ate nuts every day lived longer, healthier lives than people who didn't eat nuts". They lower the bad "LDL" cholesterol while raising the "good" HDL as well as lowering blood pressure and its response to stress. There's many rich nutrient contents contained in nuts like healthy fats(Omega 3 fatty acids) phytochemicals and fiber along with certain absorbable minerals and vitamins. They provide vital B-complex nutrition such as riboflavin, niacin, thiamin, panthothenic acid, B-6 and



[folates.](#)

WALNUTS...They provide anti-inflammatory qualities to protect against cardiovascular disease and stroke but omega 3 fatty acids also offers some benefits in conditions such as rheumatoid arthritis, brain disorders such as Schizophrenia, depression and Alzheimer's. Their anti-oxidant components and good levels of vitamin E that maintains the integrity of cell membranes helps to protect from harmful oxygen-free radicals maybe making them anti-carcinogenic in nature.

ALMONDS...provide the bone-building mineral components being rich in calcium and when eaten raw with the skin on it contains [flavonoids](#) for antioxidant health.

BRAZIL NUTS...are an amazing source of selenium which supports healthy thyroid functioning and the immune system. All you need is 3-4 nuts per day to get an adequate amount of the all important selenium.

CASHEWS...because they contribute to a good level of protein and are a useful source of minerals like iron and zinc that are ideally supportive to immune function. Being rich in the mineral magnesium which is vital for digestive balance and optimal memory recall to diminish the signs related to memory loss.

MEDICINAL MUSHROOMS... the Queen would be Reishi and



the King of medicinal mushrooms is Chaga.

REISHI MUSHROOMS... is the most well-studied herb in the history of the world. She has been the most revered herbal mushroom in Asia for over 2,000 years. The Daoists consider Reishi an [“elixir of immortality”](#) that is celebrated for its ability to significantly improve the functioning of the immune system by protecting us from the onslaught of viruses, bacteria, unwanted guests, pollution, chemicals, molds, and the toxicity that we are often subjected to in our world. Reishi helps build up our “stress defense shield” creating feelings of well-being within in spite of outer stresses.

CHAGA MUSHROOMS... contains the highest amounts of anti-tumor compounds of any herb. These compounds are in the form of betulin, betulinic acid and lupeol, which are powerful anti-mutagenic compounds naturally present in the white part of the birch tree’s bark (in which the chaga typically grows). [Chaga](#) is also extremely high in nourishing phytochemicals, nutrients, and free-radical scavenging antioxidants, especially melanin. Chaga is second only to cacao in antioxidant content. Another one of the most powerful cancer-fighting herbs known.

BROCOLLI, CABBAGE, BRUSSEL SPROUTS, (CRUCEFEROUS VEGGIES)



Two especially common scientific groupings of cruciferous vegetables are the *Brassica oleracea* (broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, and kohlrabi) and the *Brassica rapa* (Chinese cabbage and turnips). *Brassica campestris* is another name for the Health-supportive molecules like [glucosinolates](#) are concentrated

in these spices in the same way that they are concentrated in the leaves of the plants (like mustard greens or horseradish greens).genus-species grouping called *Brassica rapa*.

In terms of conventional nutrients (vitamins, minerals, proteins, carbs, and fats), we cannot find another vegetable group that is as high in vitamin A carotenoids, vitamin C, folic acid, and fiber as the cruciferous vegetables. As a group, the cruciferous vegetables are simply superstars in these conventional nutrient areas.

The vitamin K content of cruciferous vegetables — especially kale and collards — is fascinating to think about in light of intensive research over the past five years on cancer, inflammation, and cruciferous vegetables. Vitamin K is a conventional nutrient that clearly helps regulate our inflammatory response, including chronic, excessive inflammatory responses that can increase our risk of certain cancers.

Scientists have now identified over 100 different glucosinolates in foods, and without cruciferous vegetables in our diet, we simply cannot get optimal intake of the glucosinolates. Once they are converted into other molecules called isothiocyanates, the glucosinolates have an eye-opening track record in lowering the risk of certain cancers.

A big tip to remember is to chop raw cruciferous vegetables and let them sit in chopped form for several minutes prior to cooking which activates their enzyme [myrosinase](#) that aids in digestive breakdown in both small and large intestine. This process will allow their myrosinase enzymes to go to work prior to their deactivation by cooking heats.

Cruciferous vegetables can contribute a surprising amount of protein and fat to the diet — over 25% of the Daily Value in 3 cups — and at a very low calorie cost. Two hundred calories of steamed broccoli will provide you with 20 grams of protein —It's suspected that the substantial protein content of cruciferous vegetables may contribute to their risk-lowering impact on certain cancers, partially due to their support of detoxification in phase 2 of the liver with amino acids conversion. Surprisingly, these vegetables contain sufficient sources of omega-3 fat, primarily in the form of ALA (alpha-linolenic acid), which serves as the basic building block for all other forms of omega-3 fats in the body. There is actually far more ALA in 100 calories of cabbage than there is in 100 calories of salmon.

TUMERIC . . . aka Curcumin is a general immune system booster due to its high antioxidant capacity, turmeric is 5 to 8 times stronger than vitamins C and E, and even strong enough to scavenge the hydroxyl radical, which is considered by some to be the most reactive of all oxidants.

Symptoms from pain to memory loss caused by inflammation and oxidation are eased by using this organic form of turmeric known for its most powerful antioxidant and anti-inflammatory properties. [Turmeric](#) has been shown to influence over 700 genes, inhibiting the enzyme activity that have been implicated in the inflammation process.

Recent research has shown that curcumin acts by inserting itself into your cells' membranes where it [changes the physical properties of the membrane itself](#), making it more orderly. Past research has also shown that curcumin may help [inhibit the accumulation of destructive beta amyloids](#) -- a component

of the neurofibrillary tangles and plaques attributed to Alzheimer's disease -- in the brains of Alzheimer's patients, as well as break up existing plaques. It's been determined that curcumin is more effective in halting the formation of the protein fragments than many other potential treatments because of its low molecular weight and polar structure penetrating the blood-brain barrier effectively then binding to beta amyloid.

Further, when UCLA researchers tested the effect of curcumin on isolated cells called macrophages (part of your body's immune system that eliminates waste products like the disease-causing amyloid beta) in blood samples taken from Alzheimer's patients, the blood samples improved dramatically, improving the digestion of the amyloid beta cells by the macrophages, present from birth in your body's innate immune system.

This is an amazing ancient healing drink. I put cinnamon and stevia in mine - just delicious!

<http://m.youtube.com/watch?v=jYCQb2YNGt4>

For pain relief, inflammation and even takes heavy metals out of your organs including the brain!!!



BEE POLLEN...

Pollen is bursting with an enormous amount of vitamins B, C and D, many many minerals, enzymes and 22 indispensable amino acids, 14 fatty acids, RNA, DNA lecithin/choline, phenylalanine, carotenes and polysaccharides. [Lecithin](#) is a natural emulsifier and absorptive aid for fat soluble critical vitamins and essential fatty acids and it's a valuable source of phospholipids and other neurotransmitter hormone precursors for brain health, sleep inducing and helping to keep the blood from coagulating with toxins by helping lower cholesterol & homocysteine levels which are factors of heart disease. It also contains compounds that are responsible for maintaining the health of the cell membranes so nutrients and wastes flow in and out as needed.

These amazing pellets supply all the known essential nutrients needed to maintain life and which you may be missing due to poor nutrition in modern foods. Adding this nutrient dense

superfood helps correct any chemical imbalances in the metabolism by speeding up calorie burn and [curbing your appetite](#) all while giving you more vitality as a natural energizer.

Another common feature of superfoods is the powerful antioxidant support to help neutralize free radicals and stop premature aging. A spoonful of [bee pollen](#) may be all the medicine you need when you bring your body back to its healthy balance.