

Superfoods Power (Bonus Chapter) – IMMUNITY

7 Top Superfoods To Boost Your Immune System

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SUPERFOODS **POWER** Bonus Chapter

IMMUNITY

**7 Top Superfoods To Boost Your
Immune System**



CHARLES W. JAMES

Table of Contents

Introduction to Superfoods

[What is a Superfood?](#)

[Eating Superfoods Won't Break Your Bank](#)

[Best Way to Introduce Superfoods to Your Diet](#)

IMMUNITY SUPERFOOD #1 – WHITE BUTTON MUSHROOMS

[White Button Mushrooms can Lead Your Body to Better Health](#)

[Eat Your Button Mushrooms and Enjoy a Taste Sensation](#)

[Purchase Only the Best White Button Mushrooms](#)

IMMUNITY SUPERFOOD #2 – BEE POLLEN

[Kickstart Your Metabolism With the Power of the Bees](#)

[How to Consume Bee Pollen in Your Daily Diet](#)

[How to Purchase the Right Bee Pollen](#)

IMMUNITY SUPERFOOD #3 – STRAWBERRIES

[Strawberries: The Common Berry With the Uncommon Immune Fighting Ability](#)

[How to Enjoy More of These Sweet Berries](#)

[Purchase the Reddest Berries for the Sweetest Flavors](#)

IMMUNITY SUPERFOOD #4 – ALFALFA SPROUTS

[Alfalfa is a Wonderful Source of Immune-Fighting Fuel](#)

[How to Eat Alfalfa in Your Daily Diet](#)

[How to Purchase the Very Best Alfalfa Sprouts](#)

IMMUNITY SUPERFOOD #5 – CARROTS

[Bugs Bunny is not the Only One Who Knows the Benefits of Carrots!](#)

[How to Enjoy Those Delicious Orange Gems](#)

[How to Buy the Sweetest Carrots](#)

IMMUNITY SUPERFOOD #6 – CELERY

[Celery: The Crunchy Green Stalk That Lowers Heart Disease Risks](#)

[Enjoy That Crunchy Stalk in More Ways!](#)

[How to Buy the Perfect Bunch of Celery](#)

IMMUNITY SUPERFOOD #7 – ONIONS

[Onions: The Vegetable with the Pungent Smell and the Power to Fight](#)

[How Can You Enjoy This Powerful Bulb of Goodness?](#)

[How to Find the Very Best Onions](#)

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Introduction to Superfoods



What is a Superfood?

A Superfood is a term coined by the health food movement to describe a food that is nutrient packed, but low in calories. Because of their mega-stock of antioxidants and high dose of essential vitamins, Superfoods enhance your body's ability to fight cancer, heart disease, and high cholesterol. Sounds too good to be true?

As you might have guessed, most fruits and vegetables are Superfoods, (as well as some fish, yogurt, nuts and beans, to name only a few.) There is something really pleasing about a green salad full of tomatoes, carrots and red peppers; the vibrant colors just make you feel healthy. But what you might not realize is that the color of a food is an essential part of its health and status as a Superfood. Fruits and vegetables are full of phytochemicals, which determine their color and aroma, and act as part of the plant's defense system. So it only makes sense that when we eat foods rich in phytochemicals (or antioxidants) we are ingesting this same disease preventative compound.

Antioxidants are a kind of phytochemical. They are made up of nutrients and enzymes that work to prevent and repair cell damage caused by free radicals. Free radicals are molecules with an unstable number of electrons; they ravage your body looking to borrow their missing electrons, damaging cells in the process. And what's worse: there's no escaping them, as they come from both outside and inside of our bodies. All we can do is hope to repair and prevent their damage, and that's where antioxidants come in: breaking the chain of electron-borrowing destruction.

Many chemical, cell culture and animal studies have shown the effectiveness of antioxidants at slowing and preventing cancerous cell growth, but their effectiveness depends on their number and variety in our bodies, meaning you can't get them all from one source. You have to get a variety of antioxidants. And where do we find them? You guessed it. Superfoods.

The best source for antioxidants is to get them straight from your fresh fruits, vegetables, fish and other Superfoods. As well as being nutrient packed, they are also low on sugar meaning they are great for weight loss and don't fill your body up with empty calories.

But Superfoods go beyond cancer prevention. They replenish our vitamin stores, lubricate our joints, provide great sources of fiber to clear the digestive system, offer essential fatty acids and essential nutrients (meaning nutrients that our bodies cannot make on their own.) And the result? Better overall health. Superfoods have been said to be beneficial in lowering cholesterol, lowering blood pressure, improving our moods, preventing heart disease, treating diabetes, and reversing and slowing the effects of aging. So why would we eat anything less than the best? The more we learn about Superfoods, the more it makes sense to load our bodies with the ingredients of health.

Eating Superfoods Won't Break Your Bank

While we are changing all of your conceptions about healthy living, let's get another one out of the way: eating healthy does not cost more than the alternative. Depending on what you're eating it costs much less; not to mention the benefits are innumerable.

In 2006 the University of Washington conducted a study that indicated when you divided the cost per calorie of healthy produce-based meals to junk foods, the junk foods came out cheaper — you were getting more calories for your dollar. But that's because junk food is densely calorie packed, with little nutritional value in each one. These are what we call “empty” calories. Calories that fill you up, cause you to gain weight, but provide

little of the essential nutrition your body needs. Not to mention junk foods trick your body into eating more — both because the high salt content makes them taste good, but also because it takes more to make your body feel satisfied; the body wants to keep eating until it has its nutritional needs met. And we wonder why obesity is such a growing concern?

Comparing healthy food and junk food by the calorie is not a fair comparison. For starters, a diet of healthy food is going to require far less calories than a diet of junk food. Eating healthy doesn't mean replacing cheap burger calories to lean Angus grass-fed beef calories and then comparing the cost; Healthy eating means a radical reallocation of calories.

Notice that a huge percentage of Superfoods are plant-based. Keep in mind that produce costs a lot less than fish, meat, or fowl, and root vegetables are both high calorie, nutrient packed, and very affordable. When considering costs, remember your Superfood diet is going to rely heavily on more affordable staple-items like produce, beans, brown rice, oats, eggs, etc. which will then be punctuated with higher cost items like salmon. When we look at the situation holistically, when we compare a healthy balanced diet of Superfoods to a junk food diet that relies heavily on meat, packaged and high fat items, the cost discrepancy is not so great.

For the same price of a Hungry Man 900-calorie meal, you can get a pound of beans, a head of broccoli, and some summer squash, which is enough to last you at least a few meals. So the difference isn't, in fact, price, but planning. Eating healthfully does take a little extra thought and care, but the long-term benefits vastly make up for it.

Eating junk food is not a sustainable practice. A long-term junk food diet most certainly leads to obesity and whole slew of health-problems. Diets high in sugar can cause diabetes; diets high in sodium can cause high blood pressure; diets high in fat make you susceptible to heart disease. And what is the cost of treatment when you get such a disease?

So whatever the investment, be it time or money, the time to switch to a healthy Superfood diet is now. Make the investment in your body. Protect yourself from future illness, and repair past damage. Can we really put a price on that?

Best Way to Introduce Superfoods to Your Diet

Lots of people have the misconception that eating healthy is a luxury they don't have either the time or money for. Perhaps mealtime is often on the go. Perhaps getting to the grocery store is a rare event. Perhaps your freezer is stocked, but your fridge is often empty. Many of us have the goal to eat healthfully, but the reality is often quite different.

But all of that is changing. You are starting to learn the importance of Superfoods, and it's time to start creating opportunities to incorporate them into your diet, rather than excuses as to why you can't. Let go of the idea that if you eat something junky or deep-fried it's all over and you may as well quit trying. Start today by doing the best you can.

Perhaps begin with non-perishable foods — beans, seeds, and nuts. Then, move to fruit and healthy snacks, like berries. Buy things that you can eat on the go and without any preparation. As you're ready to make bigger life-style changes, branch out to fresh fish and produce. Look up some new recipes, and think about how you can create a whole Superfood-packed meal. Experiment and have fun. The more creatively you approach your new diet, the easier it will be to remain faithful.

As with any lifestyle change, it takes a few months of consistently following the new habits until they become routine. But with a little commitment, you'll start to reap the benefits of your diet in no time — glowing skin and weight loss included.

What follows is a list of 7 Superfoods proven to boost immunity.

IMMUNITY SUPERFOOD #1 – WHITE BUTTON MUSHROOMS



White Button Mushrooms can Lead Your Body to Better Health

White button mushrooms are one of those foods that we often eat, but mistakenly believe that they have very little nutritional value. Not only are these fungi full of nutrients, they are a rather special superfood that can increase your immune system's ability to fight off infection and heal the body of tissue damage.

If you have ever eaten mushrooms on your pizza or had them sautéed in a stir-fry, then chances are that you have enjoyed this powerhouse of nutrition. Many studies have been conducted on these mushrooms over the years. In a study funded by the Agricultural Research Service, it was found that white button mushrooms work wonders for our overly taxed immune systems.

In recent years, a study was conducted by Simin Meydani at Tufts University. He and his team found that white button mushrooms help to promote the immune function by helping to increase the production of antivirals and certain proteins that are released by the cells which are trying to protect and repair tissues that have been damaged in the body. This study also showed that these mushrooms helped to enhance the dendritic cells that are found in the bone marrow, helping the immune system to mature and fight harder.

By increasing the number of dendritic cells, an increase of white blood cells occurs. This promotes more fighting ability in the immune system and an improved structure to rid the body of disease and bacteria. In the studies that have been conducted, researchers found that the more white button mushrooms were consumed, the greater the immune response

that was seen.

Along with the studies done on the immune system response, another group of scientists performed a study at Beckham Research Institute. They suggest that consuming at least 100 grams of white button mushrooms per day can stop breast cancer growth in women. They also found that these mushrooms may help in the prevention of breast cancer caused by hormones.

As more research and studies are performed, we are sure to hear more about the wonderful white button mushroom and all that it can do for our bodies. It is no wonder that more people are beginning to include these as a regular part of their diet. The more that is consumed, the more benefits are being seen.

Eat Your Button Mushrooms and Enjoy a Taste Sensation

White button mushrooms do not have very much flavor until they are cooked. They are much like sponges and can absorb all sorts of flavors that they are mixed in with. They can be enjoyed raw or cooked and have different flavor attributes in each form.

In raw form, they can be sliced up in salads or eaten alone. They pair well with dips, such as ranch, and go well with all types of vinaigrettes. When mixed with garden salads, they absorb the dressings and add to the flavor of the salads.

When cooked, white button mushrooms take on an earthy and rich flavor that can be used as a meat substitute. They taste delicious sautéed in marinades, such as teriyaki sauce. They also go well in foods such as soups and stews. You can make a wonderful sauce by simmering mushrooms down until they form a gravy-like consistency. These go wonderfully over meats and mashed potatoes.

For those who do not enjoy mushrooms, it can take some getting used to. Try them diced finely on your favorite pizza or mixed in with your morning scrambled eggs. They truly take on many of the flavors of the foods that they are cooked with, adding a wonderful depth of flavor that cannot be matched.

Purchase Only the Best White Button Mushrooms

White button mushrooms can be found fresh in the produce section of your grocery store. They normally come prepackaged, but can also be found loose and can be bought by the pound. There are several factors to keep in mind when you are looking for the freshest mushrooms.

It is important to remember that mushrooms are very fragile and can and will spoil rapidly. Once they have been picked, they should be consumed as quickly as possible. Never try to pick your own mushrooms in the wild, as the chances of them being

poisonous are very high. Only use mushrooms that have been grown domestically.

When purchasing mushrooms, make sure that the caps are a nice white color. There should be no bruising or browning on the caps. You may see some dirt; this is normal and can be easily removed with a rinse of water or a brush.

If you are purchasing packaged mushrooms, always check the expiration date and purchase the latest date you can find. Check the package to make sure that you see no liquid inside. If there is any sign of liquid or a bad odor, do not purchase the mushrooms, as they have spoiled.

To keep your mushrooms their freshest, do not wash them until just before use. It is best to remove them from their plastic packaging and place them in a paper towel-lined colander. This will keep them fresh and firm until you are ready to eat them. Make sure that you consume them within a couple of days for optimum freshness.

These wonderful mushrooms taste so delicious that you will not mind consuming them on a regular basis. They are easy to incorporate into each and every meal and can be eaten as a snack or a main course. It does not matter which way you eat them, just make sure that you enjoy them as often as possible.

IMMUNITY SUPERFOOD #2 – BEE POLLEN



Kickstart Your Metabolism With the Power of the Bees

Bee pollen is a superfood with more power than many of the other superfoods in the world. Made by bees, this wonderful food source is helping many through the powerhouse of nutrition that it holds. Bee pollen contains more amino acids than even beef, cheese, and eggs. It is a great source of many of the nutrients that our bodies need to fight infections and stay healthy.

Bee Pollen Helps Your Body Fight!

For thousands of years, the bee has proven to be an interesting case study. Scientists around the world have marveled at the bee and how its products can help humans regain their health and fortitude. One of the most amazing powers of bee pollen is its ability to help the immune system. It is the only food that contains all 22 elements that the human body is composed of. It contains the necessary ingredients to sustain life in humans and has been used since the days of the Greek Olympics for athletes who needed to heal quickly and continue in their high-performance activity.

Bee pollen is thought to help boost the immune system through its powers to alleviate allergy symptoms in most individuals. It has been proven that people who take local bee pollen begin to become desensitized to the allergies that they suffer from. It is important that local bee pollen be used because the bees have been exposed to the local contaminants, pollen, and other allergy-triggering substances.

Bee pollen is also excellent for energy and in helping the body to heal. It gives energy without the crash or dangers that sugar, caffeine, and ephedra can have. Bee pollen is also naturally antimicrobial and can help to heal the body from injury and disease. It has shown promising results with all sorts of ailments, from arthritis to depression. Many people find that just by adding in bee pollen to their healthy diet, that they have increased health and vitality in a very short amount of time.

How to Consume Bee Pollen in Your Daily Diet

Bee pollen comes in granules that are normally sold in either bulk form or in capsules. Most purists prefer to purchase their bee pollen in bulk form, to maintain the purest ingredients in the pollen. Bee pollen can be taken alone or sprinkled in other foods, and its many benefits continue to astound the medical community. Many people take a teaspoon or two of bee pollen granules every day and notice a huge difference in their health.

Bee pollen can be mixed in with raw honey to improve the texture. It has a very mild taste and does not interfere with any foods that it is used in. It is very important that it be taken gradually to be sure that the person is not allergic to bee pollen. A few granules at a time should be given until the person is able to take a full teaspoon or two a day. This will ensure that no allergic reactions occur.

Bee pollen is safe for most individuals and even children. For convenience, it can be taken in capsule form and seems to have the same potency and immunity benefits as bulk bee pollen. Many people enjoy bee pollen by sprinkling it in their smoothies or on cereal.

It can be sprinkled over yogurt or mixed in with fruit. Most people prefer taking it straight and not mixing it in with other foods, but it can be easily mixed, if one prefers.

How to Purchase the Right Bee Pollen

When you are purchasing bee pollen, it is very important that you only buy it from a reputable source. You will want to make sure that the bee pollen is certified organic because many bees are being exposed to chemicals that can reduce the benefits of their pollen and actually cause toxicity in humans. By purchasing organic bee pollen, you will know that there have been no other chemicals added.

Bee pollen can be purchased in bulk and is normally sold in jars and containers, much like honey. Fresh bee pollen should be free flowing. The granules should not clump together and they should appear dry. Always buy bee pollen that is raw; this means that the pollen has not been processed. You should check to see if it was freeze dried, as this is the preferred method to maintain the best nutrition. The bee pollen should state that it was bagged within only a couple of days of harvest. You should also be able to see the granules in the container. If you cannot, do not purchase the pollen, as you may be getting a processed version that is not going to give you the full benefit that raw bee pollen possesses.

To get the best deal on bee pollen, it is best to purchase in bulk. Capsule forms give you very little bee pollen for the money, and they often contain processed bee pollen that is not as helpful as raw. Many whole foods grocers carry fresh bee pollen from local farmers that can be purchased by the pound. This is the most cost-effective way to purchase pollen and ensure that it will help you with your health issues.

No matter how you choose to enjoy these tiny granules filled with goodness, you are sure to notice a change in your health. As more and more studies are done, the world is truly taking notice of the wonderful bee and how its products can help us to live healthier lives. It is amazing that a tiny insect, such as the bee, carries the power of health and vitality on its wings.

IMMUNITY SUPERFOOD #3 – STRAWBERRIES



Strawberries: The Common Berry With the Uncommon Immune Fighting Ability

Strawberries are deliciously sweet berries that are full of antioxidants, phytochemicals, and even flavonoids that can help to boost the immune system, protect the health, and remove illness-causing bacteria from the body. They are power-packed with nutrients and taste as wonderful as they look.

Strawberries are Full of Goodness That Gives Your Body Strength

Strawberries have been proven to assist the immune system in the body. They supply a healthy dose of antioxidants that help to remove roaming free radicals in the body. If left unchecked, these free radicals can cause disease and cancer. By boosting the immune system's removal of these substances, the health and safety of the body is improved.

Along with antioxidants, strawberries contain Ellagic Acid, which has been proven to be a strong cancer suppressor. Strawberries have more of this acid than other fruits and vegetables, and they provide therapeutic levels of the acid to help the immune system.

Along with these nutrients, strawberries are also full of vitamin A, vitamin C, and vitamin B6. They have an abundance of potassium, fiber, and folate. All of these are crucial in the body's defense system and help to protect against heart diseases and cancers.

They greatly surpass other fruits that stand with them in the superfood category by providing more nutrients than even bananas, apples, and oranges. They even exceed the

vitamin C levels that are found in oranges.

The potassium and folate in strawberries not only helps with the immune system, but it also helps in lowering the risk of heart disease and in lowering blood pressure. The potassium found in these red berries can help to regulate the blood pressure and keep it at a steady level.

By providing an ample source of both soluble and insoluble fiber, strawberries are able to greatly lower the risk of heart disease. In addition to the fiber, the antioxidants help to lower bad cholesterol levels and raise the good, preventing the buildup of plaque in the arteries.

How to Enjoy More of These Sweet Berries

Most people enjoy the sweet taste of strawberries. There is just something about the taste that reminds you of warm summer days and fun. Strawberries are a delicious treat that can be eaten just as they are. They rarely need any added sweetener, but can be eaten with honey, if they are a little low in the sweet department.

You can keep strawberries in your fridge for a great snack. They go well with both sweet and savory dishes and are especially good in both garden and fruit salads. In your garden salad, you can slice them in with your vegetables or grind them up in your dressings. The sweetness of the berry pairs well with the more savory greens.

Strawberries are delicious when mixed with other fruits and berries. You can make wonderful fruit salads or even mix them with honey and milk for a delicious dessert treat.

Strawberries can top your ice cream or yogurt and they go perfectly when blended into your favorite smoothie. The possibilities are truly endless when it comes to incorporating these beautiful red gems into your diet.

Try them in different ways and keep some on hand to grab as a quick snack. The more readily you have them available, the more likely you will be to enjoy them throughout the day. This is a great way to get some wonderful nutrients into your body and enjoy the great flavor as well.

Purchase the Reddest Berries for the Sweetest Flavors

When you are looking for strawberries, there are many ways that you can find them. The freshest place is to look at farms that allow you to pick your own. This ensures that you are getting the absolute freshest berries possible. If you do not have a farm close by, you can easily find them in your produce section almost year round.

Strawberries are in season from late spring up until the end of summer. This is when they

are most plentiful and will be at their peak. This is also when they will cost much less because they are not being trucked in from other areas of the country.

When looking for strawberries, you can find them fresh, frozen, and sometimes even dried. It is always best to use fresh berries when you are able, as these are filled with the most nutrients. Look for berries that are a bright red and have the greens on top.

When looking at the greens, you should see nice and shiny, bright green leaves. They should not be wilting or brown. The greens help to maintain the moisture level in the strawberries, so that they do not become too dry or too watery. Make sure that you keep the leaves on until just before you are ready to serve them.

A strawberry will not ripen any further once it has been picked, so it is important that you get the very ripest berries that you can find. For the sweetest berries, look for the smaller bright red berries. The larger berries often contain more water and will be less red and less sweet.

For storage, do not wash your berries before you place them in the fridge. This will cause them to mold and go bad quickly. Ideally, you should consume your strawberries within a couple of days of purchase to be sure that you are getting the best nutrients that they have to offer.

So, enjoy those beautiful red berries and their sweetness while your body enjoys the many health benefits that they offer. Your body and immune system will thank you for providing them with the nutrients that they need to fight disease.

IMMUNITY SUPERFOOD #4 – ALFALFA SPROUTS



Alfalfa is a Wonderful Source of Immune-Fighting Fuel

Our immune systems are one of the most important systems in our bodies. The immune system is our armor and protects our body from the diseases and bacteria that try to overtake it. Alfalfa is one of the superfoods that has the mission of increasing the ability of the immune system. Alfalfa is a rich source of nutrients and in fact, has been touted as one of the most nutritious foods in the entire world. This superfood can boost your immune system and improve your health dramatically.

Alfalfa is rich in protein and contains about 25% by weight. Protein is essential in producing enzymes, hormones, and antibodies. The antibodies in your immune system are vital for its response to organisms that invade the body and cause disease. With increased response times, your cells can produce more of these antibodies and increase the fight against sickness and disease.

Along with being a good source of protein, alfalfa is full of vitamins and nutrients that help the entire body become healthier. It includes both zinc and beta carotene, two important nutrients that are needed by many of the body's systems.

Alfalfa is also a wonderful source of vitamins A, K, D, E, and the energy producing B vitamins. The immune system needs a steady supply of energy to perform at its peak. Without energy, it will not be able to fight against the microorganisms that threaten the body.

Alfalfa contains all eight of the essential amino acids that are needed by your body. Not only does it contain these acids, but it also has the highest amount of chlorophyll of any

other plant known. Chlorophyll helps in the production of the red blood cells, providing the oxygen and nutrients to each cell in the body. This is vital for the health of every system in the body; without it, the cells cannot survive.

How to Eat Alfalfa in Your Daily Diet

Alfalfa sprouts can be enjoyed in many different ways. The most common way to eat these sprouts is raw, but experts warn that this can be dangerous for women who are pregnant and small children, as there is a greater risk of salmonella exposure. For these types of individuals, it is best to enjoy the sprouts cooked.

Raw sprouts are great in fresh veggie salads and pair well with other vegetables. They can be piled on top of sandwiches or wrapped up in pita bread with meats, cheeses, or veggies.

These sprouts also taste wonderfully when they are on top of breads or bagels that have been spread with low-fat cream cheese. This gives an added crunch and flavor to the dish without the addition of huge amounts of calories.

Along with the raw options, alfalfa sprouts can also be enjoyed cooked. They work very well in stir-fry, but should only be added in at the last minute to prevent them from being heated so long that they wilt. Much like bean sprouts, alfalfa sprouts add a unique taste and texture to Asian dishes and can also be added to the tops of bowls of steaming hot soups and stews. The steam from the stew or soup cooks the sprouts just enough to soften them.

Sprouts can also be added to other dishes as garnishes or mixed in. Try to add these sprouts into many different foods and experiment to find the right combinations that please your palate. This will allow you to find great ways to enjoy the sprouts that you may have never even considered.

How to Purchase the Very Best Alfalfa Sprouts

When you are looking for alfalfa sprouts in your local grocery, you will need to look in the area where lettuces are sold. They are normally found next to the bean sprouts in clear plastic containers that are vented with holes.

You should look for sprouts that are bright green and healthy. There should be no liquid forming in the bottom of the container and all of the sprouts should stand nice and tall. The container should be filled to the top with sprouts and the bottoms of each sprout should not look brown or mushy.

Sprouts have very little odor and should smell much like grass or a fresh lettuce. They should have a fresh and green aroma with no chemical smells whatsoever. Do not

purchase any yellowing, browning, or wilted sprouts, as these are not alive and will not be full of nutrients like fresh, live sprouts are.

At home, remove them from their container and wrap them in a moist paper towel to keep them at their freshest until you are ready to eat them. They should store well in the fridge for a few days, but should be tossed once they begin to brown.

Before using the alfalfa sprouts, make sure that you rinse them well with water. This will help to remove any bacteria on the sprouts. This is especially important if you plan on eating them raw. Once they have been rinsed well, you can drain them and use them in your different dishes for exciting tastes.

Make sure that you eat an abundance of this wonderful superfood. These tiny sprouts can help your body to regain control and fight against the many different disease-causing agents and bacteria that try to invade it. Your health is so important and without a well-working immune system, you will be at risk of illness.

Have fun trying all of the many different ways you can incorporate sprouts into your diet. Not only will you enjoy the great taste that they offer, but your body will soak up all of those essential nutrients that provide maintained health and optimal performance in all of your systems. Have a serving or two of these lively sprouts a day and begin seeing major changes in how you feel.

IMMUNITY SUPERFOOD #5 – CARROTS



Bugs Bunny is not the Only One Who Knows the Benefits of Carrots!

Our immune systems are one of the most important systems in our bodies. Without a strong immune system, we are susceptible to disease and can become ill from the bacteria that we come into contact with on a daily basis. Carrots are one of the superfoods that are helping to fight disease in our bodies by strengthening our immune systems and arming them with the tools that they need for battle. Full of antioxidants and phytonutrients, these orange tubers are fortifying the body with an army of power.

This Orange Vegetable Shines Like the Sun!

Carrots are tuber vegetables that are full of vital nutrients that our bodies need to fight disease and free radicals. One of the largest sources of beta-carotene, the carrot boosts the immune system by helping in the production of T-cells. The T-cells are the biggest fighters in our bodies and it is critical that we have an ample supply of them.

Carrots are also full of antioxidants, like falcarinol, that have been found to not only be powerful in removing free radicals, but also are super compounds that has been found to have an anti-cancer property that greatly reduces cancers such as colon and colorectal cancers.

In a study performed at Newcastle University's School of Agriculture, rats were given a steady diet of raw carrots. These rats had a one-third lower risk of colorectal cancer.

Those are impressive numbers that are causing doctors to up their recommendations of consuming carrots.

Along with the ability to help in the immune system, carrots also contain other vitamins and minerals that help to improve the health of our bodies. Carrots contain calcium, vitamin B, vitamin C, and potassium. These help to strengthen the bones, remove free radicals, and aid in the health of the heart by regulating blood pressure.

Carrots also have wonderful microbial properties that can aid in healing. They help the body in the removal of intestinal parasites, such as worms, and can even be used as a laxative. They also contain a certain type of pectin, which has been proven to lower cholesterol. Recent studies in the medical community have shown that by eating only two carrots a day that you can lower your cholesterol up to 20%.

How to Enjoy Those Delicious Orange Gems

Carrots are a wonderful and crisp vegetable with a sweet taste that cannot be matched. When eaten raw, they have a clean and fresh taste, but when cooked, they take on an even sweeter experience that mellows out and produces new flavors.

Carrots work well when they are raw in salads. They can be shredded, diced, or sliced and put into both vegetable salads and fruit salads. They pair well with both savory and sweet salads and all types of dressings.

Carrots also can be juiced for a healthy and refreshing drink that is packed to the brim with vitamins and nutrients. For those who are not particularly fond of carrots, a great way to get in those nutrients is by mixing fresh carrot juice in with fruit juices that help to change the flavor.

Carrots go really well in soups and stews. They provide a great taste along with other root vegetables, such as potatoes, onions, and leeks. Try cooking them in your vegetable soups and pureeing them for a creamy texture. They also go wonderfully with stewed beef and other meats that are slow-cooked.

It is important to try and add at least two cups of carrots into your diet each day. Eating them raw is ideal because the beta-carotene is kept intact. While cooking them does not destroy most of the nutrients, it is better to consume them raw. If you are unable to enjoy them raw, cooking is still a great choice that will allow you to experience the many benefits of this wonderful food.

How to Buy the Sweetest Carrots

Carrots can be found in so many different forms in your grocery store. They can be purchased fresh in the produce aisle in either whole form, chopped, sliced, or shredded.

Along with the fresh versions that are available, they can also be found in the frozen section in slices. In addition to these options, carrots can sometimes be found dried and can easily be reconstituted with water.

When you are purchasing fresh whole carrots, it is important to make sure that you are getting the very best. You first need to look at the stalk end of the carrot. Most fresh carrots are cut with a small amount of the green left intact. If this area is a bright green and seems fresh, it is good. If you see browning or wilting in this area, you should avoid buying these carrots, as they are beginning to go past their prime.

At the farthest point from the stalk, you should check to make sure there is no breakdown. The tip of the carrot should be nice and firm and the outer flesh should be smooth and a bright orange. If you see any gashes, dry areas, or bruised areas, choose another carrot.

When purchasing bagged carrots, make sure that you are able to see the carrots and that they look fresh. There should be no water in the bag, but the carrots should be nice and moist. It is important to check the expiration date to make sure that you purchase the latest expiration date that you can find.

No matter how you choose to enjoy this wonderful vegetable, you will reap the vast benefits of the nutrients inside. Try adding these brightly-colored root vegetables into your diet as often as possible. They will help to strengthen your immune system by giving your body back its ability to fight. They will also fill your body with the nutrients that are needed in almost every system. Isn't it time you regained your health by eating the best foods possible?

IMMUNITY SUPERFOOD #6 – CELERY



Celery: The Crunchy Green Stalk That Lowers Heart Disease Risks

Celery is one of those foods that is often used as a part of dieting to lose weight, but it is so much more than a low-calorie snack food. When celery is combined with a healthy diet and lifestyle, it can help to remove many of the risks of heart and cardiovascular disease. It also helps to lower blood pressure and is a superfood that is full of benefits.

The Crunch that Packs a Punch!

Celery is also full of high amounts of vitamin C, which helps the immune system in fighting against diseases and bacteria. Vitamin C aids the defense systems of the body and increases cell production. Celery also helps to lower cholesterol by helping with bile secretion and digestion. It has long been known to fight against inflammation in the body and contains coumarins, which help to prevent cancer.

Celery is also full of antioxidants that help to remove free radicals in the body. Free radicals can cause damage to the body and bring down the defense systems, causing cancers and other diseases. Celery contains essential vitamins and nutrients that add to the defense systems of the body and allows for increased production of the important T-cells that fight off major infections in our systems.

Celery is also full of many wonderful nutrients that have been proven to help lower blood

pressure. High blood pressure leads to a thinning of the arteries and heart disease. Celery contains pthalides that have been shown to lower blood pressure in humans by relaxing the arteries and allowing the vessels to widen or dilate. This helps to improve blood flow and reduce the pressure in the arteries and the demands on the heart.

Along with pthalides, celery is a great source of calcium, magnesium, and potassium. All three of these are essential for heart function. Potassium helps to regulate the beating of the heart and helps to maintain a proper blood pressure. Potassium, when combined with calcium and magnesium, helps to increase the benefits to the heart and cardiovascular system.

Enjoy That Crunchy Stalk in More Ways!

Most dieters are familiar with the plain celery stick. They can be seen crunching on these stalks to lower their appetites. Celery is truly so much more than it is given credit for and can be enjoyed in many different and exciting ways.

Celery tastes wonderful just as it is. Not everyone loves the taste of celery, but it pairs well with dips and spreads that help to improve the taste for those who are not entirely fond of its flavor. Try celery sticks dipped in your favorite dressings or spread with peanut butter or cheese spreads. It makes a great snack that is filling and low in calories.

Celery goes well with many different foods. You can chop it up in your salads for added flavor. It goes perfectly when chopped in egg salad for a nice sandwich or when diced up in dips and salsas. The high fiber content helps to keep you full, so keep a container in your fridge for when you get the urge to snack.

When cooked, celery takes on a different flavor and is often preferred over raw. It tends to taste sweeter when it is sautéed or stewed along with other vegetables. It goes great in soups and stews that contain root vegetables and can easily work with chicken and beef.

It can also be juiced for a refreshing taste that helps the appetite and flushes the body of excess fluids. You can juice celery and mix it with honey for a light and sweet drink that refreshes the palate. You can also juice it with vegetables for a filling juice drink that perks up the senses.

How to Buy the Perfect Bunch of Celery

Celery can be found in different forms in your supermarket. Most people purchase celery in bunches. They normally come in plastic sleeves that are open at the top. This allows you to thoroughly check the celery to make sure you are purchasing the best.

You should first examine the base of the celery to make sure that there is no browning. You may see some slight browning, but it should be minimal. The stalks should be tightly

packed and a shiny pale green. The leaves should not be yellowed, wilting, or brown. If you see any of these signs, do not purchase the celery, as it is not entirely fresh.

When you smell the celery, it should have a nice licorice aroma. There should be no chemical smell and the stalks should be moist with no dryness. These signs point to deteriorating celery, which should be avoided to ensure that you are getting celery in its prime.

For storage, you should keep celery in the crisper drawer of your fridge. If you have a humidity setting, set it to high for optimum crispness. Celery will keep well for several days in the fridge if it is whole. If celery has been cut into stalks, you can keep them in a container with a small amount of water in the bottom. This will keep them fresh for much longer.

Celery is one of the least expensive vegetables you can find in the supermarket. It is available all year long and can even be found in the frozen section, though it is often mixed with other stewing vegetables. If you can purchase it fresh, that is always advisable as the freezing process does destroy some of the vital nutrients that are found in celery.

Along with fresh celery, you can also purchase celery seed, which is also good for your health. Celery seed is found in the spice aisle and can be used in many different dishes, from potato salad to soups and stews. Try sprinkling it on your eggs in the morning for an added kick.

Start enjoying celery as a part of your everyday diet. Celery has some of the most amazing properties and can help you and your heart become healthier. Enjoy celery in your salads and in your soups and stews. Keep some available at all times for snacking. While celery alone cannot make you lose weight, it has been proven that its high fiber content and low calories can help in losing weight.

It does not matter how you choose to enjoy the delights of celery. As long as you make it a regular part of your healthy diet, you will reap the many benefits that it holds.

IMMUNITY SUPERFOOD #7 – ONIONS



Onions: The Vegetable with the Pungent Smell and the Power to Fight

Onions are one of the most potent vegetables in the world. They have been used for centuries to help fight the common cold, among many other ailments. Turned to as a cure-all for many types of diseases, ancient records tout the glory of the onion to help in the fight against diseases. This superfood is full of nutrients and healthful benefits that are still being discovered today.

The Bulb of the Onion is Your Shield Against Illness

The humble onion is often overlooked and misunderstood. Many people avoid onions in their diet for fear that they will experience bad breath or gas. While the onion does have a pungent aroma, its health benefits far outweigh any breath issues it may cause.

The onion is full of antioxidants that aid in destroying free radicals and increasing the body's ability to fight infection. Flavonoid antioxidants, such as allicin, anthocyanins, and quercetin, have anti-inflammatory effects that help to fight against bacteria that cause infection. Along with these aids to disease fighting, the onion also has many other benefits.

They are antiseptic in nature and help to fight against bacteria, such as salmonella and E.Coli. They work well in fighting infections in the bowel and in the bladder, effectively relieving the symptoms of Cystitis. Not only do they fight against all sorts of bacteria, but they are also full of iron.

Onions are the go-to vegetable for anemia and can help to restore iron levels in those who are low in iron. A half a cup of onion, eaten daily, can drastically help both the immune system and red blood cell production, giving the cells the much-needed oxygen that they need to function.

The onion truly is a miracle vegetable and has been proven to help regulate blood pressure. It also helps to thin the blood, therefore reducing the risk of blood clots and heart attacks. From a cure for flatulence and constipation, to a respiratory treatment, the onion is a superfood that is full of power and the ability to aid the body and make it stronger than ever before.

How Can You Enjoy This Powerful Bulb of Goodness?

Onions are a food that people either love or hate. The onion has gotten a bad reputation over the years, and it is time that we give it the respect that it is due. There are so many different ways that you can enjoy onions as a part of your healthy diet.

Raw onions provide the most benefit, but are also the most daunting when it comes to working with sensitive palates. Onions can be eaten along with many different foods to give an extra amount of flavor to a dish. Try dicing them up in your salads or pairing

them with your vegetable side dishes.

Many people enjoy the taste of pickled onions, and they go well on sandwiches. You can also dice them finely and use them in salad dressings and vinaigrettes. For those who do not enjoy the crunch of raw onions, you can puree them and add them into foods for an easier bite.

If you absolutely cannot stand the taste of raw onions, you may prefer your onions cooked. When onions are cooked, they take on a much mellower flavor and their sweetness is allowed to shine forth. Cooked onions are delicious alone or paired with stews, soups, and other dishes.

They can be sautéed with noodles and rice or cooked up as a part of any meal. Onions bring out the best flavors in any types of meats, fish, and chicken. They taste amazingly well when slowly caramelized and can be used to top anything from hamburgers to French fries.

Try pairing onions with different vegetable and meat combinations to come up with creations that you will enjoy. If you are able to consume at least a half cup of onion a day, this will go a long way towards helping your body gain strength and fight against the bacteria and infections that threaten it.

How to Find the Very Best Onions

When you are purchasing onions, there are a few tips to keep in mind so that you only purchase the very best. Onions should always be purchased fresh. While they can also be found in both dried and frozen forms, these do not have the potency that fresh onions hold.

When purchasing fresh onions, there are many types to choose from. From the red onion to the Vidalia, each onion has its own taste and nuances that make it special. As you look

at the onion, it should have an intact dry and papery outer skin. The onion's skin helps to protect it from drying out and losing its nutrients.

When you pick up the onion, you should notice that it feels heavier than its size. There should be no gashes or bruises in the outer flesh. The aroma should be potent, but not too earthy. Pay special attention to the blooming end of the onion. You should not see any green sprouting out from this end. If you do, do not purchase the onion because this means it has begun to sprout and it will not taste as good or be full of nutrients like a fresher onion.

At the root end, you will either see a few roots or a straight cut. If you see a cut end, make sure that the end is not turning dark. There should only be a minimal amount of browning. The roots, if intact, should be white and not overly dry.

For the best storage, never refrigerate your onions, as this can cause them to lose their flavor and their vital nutrients. They should be kept in a dark and cool environment to discourage sprouting. A dark cupboard that is far away from the stove is a perfect option.

Whatever way you incorporate wonderfully tasty onions, you will soon begin to see that your health is greatly improving. Make sure that you consume some every day to improve your immune system and help other conditions in your body. You will truly be amazed at all that this small bulb can do for your health.

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Now You Know, Explore!

There is no turning back. You are reading this because you care about your health. Because something with the power to help your body in its fight for health, to prevent heart disease, high cholesterol, blood pressure, to protect your body from cancer causing free radicals, to make you look younger, feel better, and to help you finally achieve your weight loss goals, (and all with no nasty side effects!) is impossible not to explore. You have the basic idea: Superfoods are low in calorie and packed with nutrition—many of which are essential for your bodies optimum functioning but impossible for your body to make on its own. When you eat Superfoods you are giving your body the very best fuel.

Superfoods are not expensive. And the lifestyle changes to incorporate them into your diet will reinvigorate your body and mind. What's more, Superfoods are delicious. You don't have to deny your taste buds, to reap the benefits of total health.

Explore new fruits and vegetables, fish, grains, nuts, dairy and more. Rediscover old favorites and breathe some life into your old eating habits. It won't take long before you start to feel the difference.

I hope you enjoyed reading this book. I have published a few others [that can be found here, on Amazon](#) and you can also chat with me via [Twitter](#) or [Facebook](#).

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