

SUPERFOODS POWER Collection

VIBRANT HEALTH



42 Superfoods For:

- Weight Loss
- Diabetes
- Memory
- Cholesterol
- I.B.S
- Cancer

CHARLES W. JAMES

Superfoods Power Collection – Vibrant Health
42 Top Superfoods for Weight Loss, Diabetes, Memory,
Cholesterol, IBS and Cancer

Charles W. James

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FREE GIFT For You!

Now You Know, Explore!

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.

WEIGHT LOSS SUPERFOODS

**SUPERFOODS
POWER** Volume 1
WEIGHT LOSS

**7 Top Superfoods To Speed Up
The Fat Burning Process**



CHARLES W. JAMES

WEIGHT LOSS SUPERFOOD #1 - CACAO



Cacao: What Makes This Superfood So Super

To some, cacao is one of the best superfoods you can get your hands on. For years, many have been singing its praises, especially those on raw food diets. But what exactly is cacao?

If the name makes you think cacao is related to chocolate in some way, you're right. Cacao, often called "raw chocolate," is the seed of the *Theobroma cacao* tree. When processed in a certain way, cacao can become chocolate. But, as much as the world loves chocolate, many are beginning to find that cacao in its raw, untreated form has many health benefits.

A weight-loss superfood is a food that is low in calories but high in nutrients. Working superfoods into your diet will not only help you to lose weight, it will also improve your overall health. But what is it, exactly, that makes cacao a superfood?

Cacao is rich in anti-oxidants, the substance that fights free radicals, and can help to prevent serious conditions like cancer, Alzheimer's disease, Rheumatoid arthritis and stroke. In fact, researchers say cacao contains more antioxidants than red wine, black tea and green tea. And while that alone could be enough for anyone to make cacao a regular

part of their diet, this superfood also has other benefits.

Cacao is packed with magnesium which, among other things, helps to build strong bones and teeth. It also strengthens the heart, balances brain activity, and can improve your mood. And if you're feeling tense, or can't seem to unwind after a busy day, magnesium can relieve stress and relax the muscles. Since most people are magnesium deficient, eating cacao is a great way to get more of this important mineral.

Cacao contains sulfur, which can make your hair and nails stronger and improve your skin. Sulfur also has detoxifying properties.

Cacao contains Phenylethylamine (or PEA), a chemical similar to the one your brain releases when you are excited...or falling in love. So eating cacao can make you experience feelings similar to the ones you might have in those situations, like happiness or euphoria. PEA also increases blood circulation, which can make you feel more focused and alert. Cacao is a great snack to have if you're going to be in a situation in which you need to concentrate and focus.

Another substance found in cacao is anandamide. This is a neurotransmitter that makes us feel good, more excited, and more alert. Anandamide also helps to naturally decrease feelings of depression. In fact, it can be found in many anti-depressant medications.

Finally, cacao contains theobromine, which can help to lower blood pressure. Studies have found that theobromine can also decrease your chances of having a heart attack.

Facts about Cacao

Can cacao help an individual to lose weight? Yes, it can. While cacao itself doesn't directly cause you to lose weight, it does have certain properties that help promote weight loss.

Cacao is an appetite suppressant. It contains monoamine oxidase enzyme inhibitors (or MAO inhibitors) which are known to decrease feelings of hunger. Eating a few cacao nibs can also make you feel full, so you won't eat as much.

Cacao is also non-fattening, and low-fat cacao has only 60 calories. It's the perfect snack for anyone on a diet. Cacao also qualifies as a fat burning food. The body uses up more calories oxidizing cacao than the cacao contains. This means that **cacao is a negative-calorie food.**

Many studies have been done on the benefits of cacao. A study found in the Journal of Cerebral Blood Flow and Metabolism shows that cacao may help prevent additional neural damage in those who have suffered a stroke. According to the American Journal of Clinical Nutrition, cacao can not only help to lower the blood pressure, it also improves heart health. And researchers at the University of Cambridge in England agree. Their studies found that cacao can reduce the risk of heart disease by as much as one third.

Different Ways to Eat Cacao

Cacao isn't naturally sweet. It also has a strong flavor that can take a while to get used to. But many soon acquire a taste for this superfood. In fact, many people eat cacao nibs raw and in their natural state in much the same way they might eat nuts. Those who don't like the unsweetened taste of plain cacao nibs can coat them in honey and freeze them until the honey becomes a sweet but healthy coating.

Cacao can be sprinkled over ice cream as a healthier alternative to chocolate chips and other toppings.

Cacao is available in powdered form. You can use cacao powder instead of the chocolate powder you normally use in recipes. In truth, almost any chocolate recipe can be made using cacao powder, including cakes, cookies, brownies, and hot chocolate.

Buying Cacao

Depending on where you live, cacao can be hard to find. Most have to turn to specialty stores. Some have to resort to finding cacao online.

One of the most affordable ways to get cacao might be to grow your own Theobroma cacao plant. Those who live in warm, dry climates will find this surprisingly easy to do.

When choosing cacao beans, make sure they are a rich, golden brown. If a cacao bean is very dark, there's a good chance it's filled with harmful bacteria. If a cacao bean looks unhealthy, it probably is. One way to tell for sure is to feel it. If it feels soft, it might be rotten.

In order to ensure the best quality, cacao beans must be harvested at just the right time. If cacao is harvested too soon, the quality will be poor and they will lack flavor. However, if the cocoa pods are allowed to get too ripe, the cacao beans will be more vulnerable to disease.

One way to ensure you get the best cacao beans possible is to buy them through a company with a very good reputation, and excellent customer reviews.

Cacao is one of the world's most powerful superfoods. Not only are cacao beans packed with nutrients that can help protect your health, but cacao can also help you to lose weight.

WEIGHT LOSS SUPERFOOD #2 - GRAPEFRUITS



Grapefruit: The Citrus Superfood - Why Grapefruit is Good For You

Many people know that eating grapefruit can help you lose weight, but did you also know that this delicious citrus fruit can help alleviate cold symptoms and improve the function of your immune system? Grapefruit is rich in important nutrients like vitamin C and disease-fighting limonoids. This fruit is also known to have anti-inflammatory benefits, which can help prevent heart disease and improve conditions like arthritis and asthma. With all these benefits as well as a healthy dose of antioxidants, grapefruit certainly deserves to be called a superfood. It is also a tasty fruit that can be served in a variety of ways and can be added to salads for a fresh treat.

How Grapefruit Can Improve Your Health

Grapefruit has many beneficial ingredients, among these is salicylic acid. Salicylic acid helps the body break down inorganic calcium that can build up in the system. When your

body stores calcium in the joints this can lead to arthritis. Eating grapefruits can break down this extra calcium and prevent inflammation of the joints and cartilage over time. Salicylic acid also functions as a powerful antiseptic so it can also fight bacterial and fungal infections.

The property that gives grapefruit its lovely ruby color is lycopene. Lycopene is a carotenoid pigment that provides cancer fighting power to your body. Carotenoid pigments have been proven to fight free radicals which can cause cancer. Grapefruits also pack a powerful antioxidant punch, and they can help significantly reduce your cholesterol levels. If you do decide to add grapefruit to your diet to lower your cholesterol, be sure to talk to your doctor about any medications you may be taking. Some drugs, such as those for depression, allergies and high blood pressure can interact with the benefits of grapefruit so make sure that you are not taking any of these medications.

One of the best benefits of grapefruits is that they can help you lose weight because this fruit is high in fat-burning enzymes. Add to this the high water content of grapefruit and you have got a diet superfood. Grapefruit can help speed up your metabolism by keeping you feeling satisfied longer. Because of the high fiber and low sugar content of grapefruit, eating one will help you stave off hunger.

Ways to Eat Grapefruit

There are some very simple ways to dress up grapefruit to make it a delicious staple in your diet. One of the easiest is to simply cut the fruit in half and cut around the sections with a knife to loosen them. Then, just add a light sprinkling of brown sugar or a drizzle of honey and eat it with a spoon. You can even broil your grapefruit to create a crispy sugar crust.

Some people do not like the taste of grapefruit by itself and they may want to add grapefruit to other dishes. For example, adding some sectioned grapefruit to a green salad

makes a refreshing dish. When paired with avocado, grapefruit is both tasty and even more beneficial to your health. You can also saute a piece of fresh fish with a sectioned grapefruit and some onion for a delicious meal. This super fruit goes just as well with savory dishes as it does with sweet ones. You can also make a great dip with grapefruit as an appetizer; just add some crushed grapefruit to your favorite salsa to reap the benefits.

Drinking fresh grapefruit juice provides many of the same benefits as eating the fruit. Grapefruit also makes a great addition to a fruit smoothie, simply section the fruit and drop it in your blender with the other ingredients.

With all of the wonderful ways to prepare grapefruit, whatever your tastes you can add this wonderful food to your diet. Also remember that there are many different varieties of grapefruit, and they all have a slightly different flavor. Be sure to experiment with different varieties to find the one that is your favorite.

Tips for Getting the Best Grapefruit

In order to fully enjoy getting all of the benefits of grapefruit, it is important to purchase the best fruit at its peak of ripeness. There are two basic varieties of grapefruit that are equally sweet. There are pink grapefruits which have a darker color and can have flesh that is almost red in color, and there are white grapefruits that have a lighter hue. Both of these varieties are sweeter when picked later in the season, and have more tartness earlier in the growing season. Some varieties of grapefruit have more seeds than others, so it is important to know which kind of fruit you want.

No matter the color or seed content of a grapefruit, it is important that the fruit looks glossy and smooth. Be sure that the outside of the fruit is as close to blemish free as possible, and that it has a shiny appearance. Unlike with some types of fruit, squeezing a grapefruit will not tell you anything about the quality of the fruit. The best way to tell if a grapefruit is ripe is to gauge its weight. A ripe grapefruit is heavy because of all of the juice that is contained within it. The heaviest grapefruit you can find will also be the

ripest and most delicious fruit. Once you get your grapefruit home, you can store it for up to a week at room temperature. To extend the life of your grapefruit you can also store it in your produce drawer for up to three weeks.

There are so many delicious ways to include this remarkable superfood in your diet. If you add grapefruits to your diet on a regular basis you will reap the rewards of a healthier lifestyle.

WEIGHT LOSS SUPERFOOD #3 - WILD SALMON



Wild Salmon-The Superfood Of The Sea

In addition to shedding unwanted pounds, are you looking for a quick and easy way to lower your cholesterol and cut your risk of life-threatening conditions like cancer, diabetes and cardiovascular disease? Maybe you want to reduce pain-inducing inflammation in your body while fighting the effects of aging on your skin and bones? Perhaps you need a bit of a brain-boost to improve your memory, and while you're at it, how about a natural way to keep depression at bay?

No, we're not talking about a miracle pill, illegal substance or yet another fad diet filled with empty promises - all these healthy benefits have been scientifically linked to one amazing (and really tasty!) superfood - wild salmon!

Wild salmon is loaded with natural Omega-3 EPA/DHA fatty acids (the type sourced from fish and other marine species). According to Medline Plus, fish oil that is high in Omega-3 fatty acids has been proven effective in the reduction of high triglyceride levels

which are linked to heart disease and diabetes. There is also strong evidence of the beneficial effects of Omega-3's in combatting inflammation, slowing osteoporosis and even cutting the risk of endometrial cancer. Numerous health experts including Dr. Oz and Dr. Pericone are recommending adding wild salmon to your diet because it is such a nutritional powerhouse.

Wild Salmon Can Make You Feel Better

Because eating a 3.5 ounce portion of wild salmon provides you with between 1 and 3 grams of Omega-3 fatty acids, you'll enjoy all the perks of Omega-3 without taking a pill. These fatty acids have been proven to help people look and feel better by improving brain function and reducing inflammation related to skin disorders and arthritis.

The Slimming Secrets of Wild Salmon

Wild salmon packs a nutritional punch that makes it a great choice for people who are looking to add high-quality protein to their diets while cutting back on sodium, cholesterol and carbohydrates. A 3 oz. serving of cooked wild salmon has about 155 calories, 7 grams total fat and a whopping 22 grams of protein while being free of cholesterol and carbs. Wild salmon is also a naturally low-sodium food, with an 85 gram cooked serving containing only a trace amount (48 milligrams).

So what makes wild salmon such a great food for weight loss? Here's why:

Wild Salmon Tastes Great, Is Affordable and Easy to Eat

Unlike many other types of seafood that have a distinctive "fishy" taste, wild salmon has a mild flavor and relatively firm texture that appeals to almost everyone. Anyone who has ever tried to stick with a healthy eating plan knows that to be successful, the food has got to taste good, be easy to buy, prepare and be satisfying!

Wild Salmon Is A High-Protein, Low-Calorie, Carb-Free Food

Regardless of what type of eating plan you want to follow, most weight-loss experts today agree that a healthy balanced diet should include quality protein while limiting the amount of complex carbohydrates and calories. If you are trying to shed pounds by upping your intake of protein, why not try some wild salmon instead of the traditional tuna, chicken breast and egg whites?

How To Eat Wild Salmon

Wild salmon is available in a wide variety of forms including fresh, frozen, smoked, canned, pickled, dried and for sushi lovers, raw. This versatile superfood can be prepared using almost any type of method imaginable, including on the BBQ, baked, steamed, broiled, fried and microwaved. It pairs well with seasonings like citrus, dill and pepper. Just be sure to stick with low-fat cooking methods and avoid adding fats like butter, mayo and oil.

Smoked wild salmon, also known as lox, makes a great appetizer when served with light cream cheese on top of a multi-grain cracker. BBQ aficionados often prepare either a whole wild salmon or fillets on a cedar plank, infusing the fish with a wonderful woody flavor. For an easy dinner, try steaming a wild salmon fillet covered with lemon slices and fresh dill.

Canned wild salmon is already cooked and ready to eat, making it a great addition to salads, casseroles and bakes. It can usually be substituted for tuna in any recipe and is available in a wide variety of flavors including Cajun, lemon pepper and smoked.

Wild Salmon Buying Tips

If you are lucky enough to have access to fresh wild salmon, here's some tips to help you

pick out a great fillet, steak or whole fish:

-Look 'em in the eye. Whole wild salmon should have clear, bright eyes that are free of any cloudiness or haze.

-Give it a poke. Fresh wild salmon will feel slightly firm when gently poked and quickly return to its original shape.

-Sniff the fish. Quality wild salmon should smell fresh, with a slight hint of the ocean or river. Wild salmon should never smell "fishy".

-Buy the whole fish. Buying a whole wild salmon is usually far cheaper per pound than purchasing wild salmon fillets or steaks, even once you remove the head, tail and skin (and don't worry, whole wild salmon sold at markets and direct from the docks usually have the yucky inside bits already removed!). If you have mad kitchen knife skills, then go ahead and fillet your own fish - if not, your local fishmonger will usually do this free of charge.

Even if you live miles away from a fish market you can still enjoy wild salmon - look in the freezer section for fish that has been flash-frozen within hours of being harvested. There are even a number of online retailers who will ship both fresh and frozen wild salmon directly to your home, making it easy to enjoy this superfood no matter where you live.

Buying Wild Salmon on a Budget

Many people (mistakenly) think that wild salmon is a gourmet food that comes along with a gourmet price tag! The price of wild salmon fluctuates based on the market demand, the weather and fish stocks and when purchased fresh, usually costs about the same per pound as other high-quality meats like beef tenderloin.

Cooked canned wild salmon is a great way to get all the nutritional perks of this superfood without breaking your food budget, since it costs about the same as other quality canned seafood products such as tuna and shrimp. Like frozen salmon, wild-caught canned salmon is processed within hours of harvesting and usually has a shelf life of 2-4 years, making this a good way to have a readily available source of protein in your pantry.

WEIGHT LOSS SUPERFOOD #4 – KIWI



Kiwi: The Superfood that Packs a Punch

So what makes kiwi a superfood?

Kiwi, also sometimes called kiwifruit, is native to China, but has become a cash crop for New Zealand, California, and several other countries. Originally called the Chinese gooseberry, the fruit was renamed the kiwifruit, after New Zealand's national bird.

Kiwi, which is considered one of the main super fruits, is packed with vitamins, minerals and nutrients. When it comes to health benefits, there are few things that can beat it. Kiwi also tastes good, which can't be said for everything on the superfoods list.

Kiwi is rich in Vitamin C. In fact, a kiwi contains as much vitamin C as an orange. Vitamin C strengthens the immune system, and can also help wounds and burns to heal faster.

If you've been eating bananas for their potassium, try kiwi for a change of pace. A kiwi contains just as much potassium, which promotes heart health, and helps rid the body of toxins. Potassium also improves mental clarity, making you more sharp and alert.

Kiwi is packed with Vitamin E, as well as flavonoids and carotenoids, both of which are powerful antioxidants. Antioxidants protect our bodies from free radicals, and those who have plenty of antioxidant-rich foods in their diets are less likely to suffer from illnesses like heart disease and cancer.

Kiwi is also high in fiber, which can help to reduce cholesterol levels, and lower your risk of heart disease. In patients with heart disease, eating plenty of fiber can lower their risk of suffering from a heart attack. Fiber also helps remove toxins from the colon, which can decrease the risk of colon cancer.

The zinc in kiwi helps keep your hair, skin, nails and teeth healthy. Zinc also strengthens the immune system, making you less prone to colds, the flu, and infection.

Eating kiwi is one way to make sure you get plenty of calcium in your diet, which will keep your bones and teeth strong and healthy.

An Italian study showed that, after eating 5 to 7 servings of kiwi and other citrus fruits per week, children with asthma had less trouble with coughing, wheezing and shortness of breath at night. Any asthma sufferer, child or adult, can benefit from eating kiwi at least once or twice a week.

According to a study done at Rutgers University, there is no fruit as rich in nutrients as the kiwi. And a study done by the University of Oslo found that eating two kiwis a day not only reduced the risk of blood clots, it could also prevent and reduce the visible signs of aging.

Can eating kiwi help you to lose weight?

This superfood is not only delicious, it's also fat-free. You can eat as much of it as you want without gaining weight, making it a great snack for dieters.

Kiwi is packed with fiber. Fiber-rich foods make you feel full and suppress your appetite. So if you add kiwi to your diet, you will eat less without feeling hungry. Not only that, but a study found that those who eat kiwi tend to burn more fat when exercising.

How to Eat Kiwi

There are almost no limits to the ways this superfood can be eaten.

Kiwi tastes so good that many regularly eat this super fruit all on its own. You can either peel kiwi before eating or eat it with the skin intact. But, if you eat it with the skin, make sure the kiwi has been thoroughly washed to get rid of any pesticides or dirt. In fact, you should always thoroughly wash a kiwi before cutting it. Rinsing it in warm water should do the trick.

To peel a kiwi, cut off each end, then use a knife to peel the skin away from the fruit.

While some like to scoop the seeds out of a kiwi, it's not necessary because the seeds are edible and safe to eat. The only part of the kiwi you shouldn't eat is the white core at the center.

A kiwi that isn't ripe enough can be sour. While some will like this flavor, others won't. With practice, you'll be able to feel a kiwi and tell when it's just right for eating.

One popular use for kiwi is to put it in smoothies. Kiwi tastes especially great when combined with strawberries, so try a strawberry smoothie if you want a real treat.

You can also cut kiwi into chunks and add it to fruit salads, vegetable salads, cereal, ice cream and yogurt.

You can give any dessert a little extra flair by using kiwi as a garnish. The great thing about this superfood is that it won't lose its brilliant color when exposed to the air. So after icing a cake, try adding some kiwi slices for decoration.

Kiwi can also be used as a marinade or meat tenderizer. The enzymes in kiwi help to break down the meat so it is tender. If you have a piece of meat that you think will be tough and hard to chew, try soaking it in a kiwi marinade for a few hours.

Buying Kiwi

Kiwi is available all year round, which is good news for lovers of this superfood.

When buying kiwi, choose one that looks full and plump. Hold it to your nose to make sure it has a nice, fragrant aroma. Give the skin a once over to make sure there are no bruises, wrinkles or other blemishes visible.

A good kiwi will feel slightly firm, but will have a little give to it. When squeezing a kiwi, it shouldn't feel too hard, but also shouldn't feel soft or mushy.

It's okay to buy a kiwi that hasn't ripened yet. You can store an unripe kiwi at room temperature and let it ripen on its own, or put it in a plastic or paper bag to speed up the ripening process. Adding a banana to the bag will make the kiwi ripen even faster. Check the kiwi every day or so, so you can catch it before it gets too ripe.

Once the kiwi is ripe, move it away from the banana. Being close to the other fruit will make the kiwi decompose faster. Put the kiwi in the refrigerator and it should last for one to two weeks.

WEIGHT LOSS SUPERFOOD #5 – PINE NUTS



Pine Nuts: What Makes This Nut So Super

When we talk about superfoods, we are usually talking about ingredients that are packed full of nutritional value and flavor. Nuts are some of the best superfoods, with pine nuts topping the list. All nuts are great sources of vegetable protein, natural fat, and a variety of vitamins and minerals. The pine nut is unique in that it also contains cholecystokinin, a natural appetite suppressant. Pine nuts are also a great source of antioxidants.

Ever since free radicals were discovered in 1954, scientists have searched for effective countermeasures. Free radicals cause the effects of aging and have a direct link to cancer. Antioxidants minimize the number of free radicals by slowing the oxidation process. Natural antioxidants may help prevent cancer, heart disease and neurological disorders. However, it is important to get your antioxidants from a natural, organic source. Foods today have an average of 40 percent less antioxidants when compared to foods grown fifty years ago.

In addition to their free radical fighting properties, pine nuts also offer amazing nutrition in one small bite. Pine nuts have more protein than any other nut, and also provide a valuable natural source of Vitamins A, B and E, along with amino acids, iron, magnesium and zinc. If you were to make only one change to your diet, eat a quarter cup of pine nuts daily. Polyunsaturated fats are healthy fats that help reduce your bad cholesterol. Pine nuts are a good source of polyunsaturated fats, having 19 g of fat and only 4 g of carbohydrates. It is difficult to find foods with so few carbs and so much nutrition.

How Can Eating Pine Nuts Help Me Lose Weight?

Pine nuts naturally suppress appetite. They are chock-full of cholecystokinin, the hormone that tells your brain you're not hungry. It also slows the emptying of your stomach, letting you feel full for longer. This is the perfect combination to help you shed any unwanted pounds.

Pine nuts were used as a sort of meal replacement by the Siberians during a hunt, and the tribes of the Great Basin depended on them for survival. Much like the bison of the plains, pine nuts were an important staple for the Great Basin tribes, often acting to supplement their dietary protein when hunting and fishing were not possible.

The appetite suppressing effects of pine nuts make them a great addition to any diet. Simply eat a handful approximately thirty minutes prior to each meal. They have a deliciously mild nutty flavor, making them an ideal snack. The appetite suppressing effects begin shortly after ingestion and continue for up to four hours. Appetite suppressing hormones increase by up to 60 percent with the addition of 3 g of pine nut oil prior to eating a meal. A study of women seeking weight loss showed that serving pine nuts prior to a meal reduced the desire to eat by 29 percent. It also showed a reduction in the amount of food consumed. Unlike many chemical diet aids, there are no harmful side effects to adding pine nuts into your diet.

How to Prepare Pine Nuts

Whether you are eating them by the handful or tossing them on a salad, pine nuts make for a delicious mouthful. The Greeks packed them in honey for a sweet snack, while modern chefs routinely grind them up in pesto. Pine nuts are the main ingredient in many pesto dishes. Pine nut oil makes a lovely finishing oil. It has a very low smoke point, so it is rarely used during the cooking process. Drizzled on any dish after it has finished cooking, pine nut oil becomes a lovely flavor accent.

In their whole form, pine nuts are served roasted to remove the outer shell. They can also be eaten raw, fresh out of the pine cone. Native Americans used pine nuts as a sort of mash to which they added berries or fish. Ground up finely, pine nuts can be used to crust meats or fish, substitute a portion of white flour in baking or bake up as a sweet crumble. The mild flavor of pine nuts makes them a nice addition to almost any meal. They take on flavors well, allowing them to be used in any course from appetizer to dessert.

Try adding pine nuts to some of your favorite recipes and enjoy a bit of added texture. They don't have the same crunch factor you get from other nuts, but they add an interesting extra element.

Where and When to Buy Pine Nuts

Most of us are used to seeing pine nuts at the grocery store already shelled. That probably means they have been shipped in from overseas. By the time a shipment reaches the US, the pine nuts are already past their prime. The high fat content of pine nuts makes them more likely to turn rancid than other nuts. Before eating a pine nut, be sure to take a big whiff. It is better to smell rancid pine nuts than to eat them.

Look for pine nuts still in their shells. Not only are they more likely to be locally produced, they also last longer than the shelled versions. Locally produced pine nuts are vastly preferable to those from international sources. American pine nuts are natural,

without any additives. Plus, you can test the freshness of any American pine nuts by putting them to seed. Fresh pine nuts will sprout, just like any other seed you plant. American pine nuts are also harvested locally and naturally, giving you the freshest pine nuts available.

Buying organic pine nuts carries a higher price tag, but it is worth the extra money. The fresher your food, the better the nutritional value. By shelling the pine nuts to reduce shipping costs, international pine nut harvesters reduce the health benefits you enjoy from eating their product. Stick with American-grown pine nuts and get the maximum benefit from each serving.

If you are looking for pine nut oil, Siberian nuts are the way to go. This particular plant species is particularly high in oil content. Pine nut oil from Siberian plant varieties is less expensive than the oil from American plants, and it has the same quality. Pine nuts are fairly expensive, due in part to the difficulties of maintaining freshness. Pine nuts should be refrigerated along every part of the distribution line. Once you purchase your pine nuts, be sure to keep them refrigerated even if they are unopened. They typically last about a month when sealed in an air tight container in the fridge, and can last up to three months if you freeze them.

WEIGHT LOSS SUPERFOOD #6 - PUMPKIN



Pumpkin, A Superfood That Aids In Weight Loss

Pumpkin, a member of the gourd family, is a high fiber, low calorie superfood that is filled with nutrients. Pumpkin is considered a superfood due to its high content of potassium, magnesium, ascorbic acid, and vitamin E. When these nutrients are all combined in one delicious package, you get an incredible superfood filled with antioxidants that help individuals build up their immune system, lose weight, and produce glowing and youthful skin. While many people consider pumpkin to be something used for Halloween Jack-O-Lanterns, it is actually an incredible source of fiber, vitamins, and minerals.

An interesting fact about pumpkin is that it is actually a fruit, and many people believe that it is a vegetable. Pumpkin is high in zinc, which is great for the immune system. Zinc is known to decrease the length of colds and flu when taken as a supplement. Pumpkin is high in fiber, which is very helpful to someone who is looking to lose weight. Foods high in fiber aid in the digestive process, which in turn helps eliminate excess water and toxins from the body. Pumpkin also contains potassium, which is known to help induce weight

loss.

Pumpkin contains beta carotene, which converts to vitamin A during the digestive process. Vitamin A is a key nutrient that assists in renewing skin cells, so not only is pumpkin a delicious and nutritious snack, it can also assist in turning back the hands of time. Studies have shown that pumpkin can reduce facial lines and add a lovely and youthful glow to the skin, and how can you beat that? There are various skin creams and homemade facial masks that contain pumpkin as well. Pumpkin is also packed with calcium, which promotes strong bones and teeth. Daily calcium intake also lowers a woman's risk of osteoporosis. Pumpkin is also low in calories, which is essential for weight loss. Pumpkin contains iron, which is great news for vegetarians, and it also contains folate, which is beneficial for women's health. Pumpkins have a high water content, which allows the body to feel full in a short amount of time, and this is very beneficial to weight loss.

The carbohydrates in pumpkin are considered good carbs, and they give dieters the extra energy they need to increase their workouts and fitness routines. The high concentrations of vitamin C and beta carotene in pumpkin are known to reduce inflammation and pain caused by various illnesses, and conditions like arthritis. Vitamin C is also known to boost immunity, aid in cell regeneration, and boost metabolism.

How to Prepare Pumpkin?

There are many delicious and easy ways to prepare pumpkin. By sprinkling mashed pumpkin with cinnamon and nutmeg, you can create a delicious snack that also will help lower blood sugar, which is very helpful to individuals with diabetes. Adding almonds to this mixture will create a delicious low calorie breakfast dish that is filling and packed with goodness.

Another way to prepare pumpkin is by making a delicious pumpkin smoothie. This can be done easily by blending pumpkin puree, low fat milk, brown sugar, cinnamon, and ice.

When blended together, this will make a delicious smoothie that will give you enough energy to get through the morning, and will keep you full until lunch. Bananas and apples can also be blended in, and this will add extra potassium and fiber, which will also help aid in weight loss.

Roasted pumpkin makes a healthy side dish and tastes great. You can roast pumpkin by slicing it into sections, and baking the slices for about thirty minutes. Brush on a little low fat butter or olive oil, and you've got yourself an amazingly healthy treat. Pumpkin can also be made into a delicious dip for fruit and crackers by mixing pumpkin, cream cheese, orange juice, maple syrup, and cinnamon. This is an easy and quick way to whip up a delicious midday snack.

Fresh pumpkin can also be spread on low calorie wheat bread or crackers, and this makes a healthy and vitamin packed lunch.

Pumpkin Buying Tips

You can find pumpkins at any local grocery store, and there are also organic and farmer's markets that sell pumpkins of very high quality. The best time to purchase fresh pumpkins is in the fall, as they harvest in September. Canned pumpkin can be purchased year round, and works well for smoothies and soups.

It is best to buy pumpkins when they are ripe, and a nice bright orange color is usually the best indicator. You can also tap the pumpkin on the side and listen for a hollow sound. This will let you know if the pumpkin is ready to go.

The skin on the pumpkin should also be firm, and you can test this by lightly scratching the surface. When picking fresh pumpkins, it is important to make sure that they are clean and safe for eating. This can be done by washing the pumpkin thoroughly, and they can also be wiped with a light bleach solution. If you use the bleach method, make sure to let the pumpkin dry for at least two hours.

The price of pumpkins will usually range from \$5 to \$10; ten dollars is usually the cost of an extra-large pumpkin, so this is definitely an affordable superfood. Farmer's markets and vegetable stands sometimes sell pumpkins for even less, and these are usually the best places to purchase them. It is best to store fresh pumpkins away from the sun, and refrigerate any unused portion once the pumpkin has been sliced.

Pumpkin is an incredible superfood that is not just meant for the holidays. Adding pumpkin to any diet will bring amazing results. Not only does this food help with weight loss, it reduces inflammation, reverses aging signs on the skin, and promotes health and immunity. Pumpkins are low cost, so they are affordable for any budget. One pumpkin can create a variety of delicious treats and snacks that are tasty and good for you at the same time. This is one superfood that should be on everyone's list.

WEIGHT LOSS SUPERFOOD #7 - KALE



Kale: The Superfood for Weight Loss and Improved Health

Kale is a superfood that helps in weight loss and improvement of overall health. Eating lots of kale supplies very low quantities of calories. But it gets the tummy full for long enough so that the body has a chance to burn fat and lose weight. I have seen many individuals struggle to shed some weight and get fit without success. Now, good old kale has the answer. Kale is a natural food that supplies many useful nutrients while keeping body weight in check.

How does kale work to reduce weight?

Kale is widely available, thanks to the ease with which it grows. But, it is not just another filler food. It is more than this. For starters, it is short of calories with one cup supplying only 36 calories. That same cup contains one gram of fiber. This combination works wonders to give a feeling of fullness. While calories add weight to the body, fiber works

like an escort through the digestive system without it being substantially changed. This is the reason why eating more kale produces a feeling of fullness. It is this same principle that most weight loss solutions adopt.

But that is not all kale is about. In addition to fiber, kale contains other nutrients which are important to the body. These include vitamins A, C, K and others in the B group. It also contains minerals such as calcium, copper, phosphorus, iron, manganese and potassium as well as omega-3 fatty acids.

Kale also contains many other ingredients whose health benefits include fighting various cancers, heart disease and degenerative conditions. According to research findings published in the American Journal of Clinical Nutrition, kale contains anti-inflammatory, antioxidant and anti-cancer qualities. These are delivered by various sulfur-containing compounds, some of which are known as flavonoids and carotenoids. The presence of all these nutrients and health-enhancing ingredients has earned kale the well-deserved superfood tag.

A superfood can be defined as a food item that contains many nutritive and health-enhancing substances. Various studies carried out on different food items have shown that in addition to the ordinary nutrients, there are other components of food that have a positive effect on the human body. These components may not have any known nutritive benefits. Kale fits this description. While I may eat it purely as a food item that rids me of hunger and helps maintain my weight, I also consider its consumption as a means to improve my overall health.

Superfood Facts about Kale

Putting kale's top information in a list is easier to remember. This superfood is packed full of vitamins, minerals and many other non-nutritive, health-enhancing ingredients. Analysis has shown that one cup of kale contains the following main ingredients:

-Only 36 calories. Eating lots of kale does not load the body with excess calories. This is the main reason why kale helps in weight loss.

-About 180 percent of the required daily allowance (RDA) of vitamin A. Vitamin A helps to maintain sight as well as keep the skin healthy.

-About 90 percent of the vitamin C requirement per day. Vitamin C protects the body from disease. It also helps in the healing process.

-About 1,000 percent of RDA of vitamin K. Vitamin K helps in the clotting of blood.

-About 15 percent of the RDA of calcium. Calcium is important in bone formation and maintenance. The calcium in kale is more bio-available than that in other vegetables such as broccoli and spinach because it contains less phytates. These are compounds which reduce absorption of calcium in the body.

-About 40 percent of RDA of magnesium.

-Kale also contains other minerals and vitamins in smaller quantities. These include vitamins B1, B2, B3, B5, B6, folate, iron, manganese, potassium, copper and phosphorus.

-About 10 percent of recommended daily allowance of omega-3 fatty acids which have anti-inflammatory qualities.

-Kale also works as a detoxification agent. Eating kale regularly keeps the body systems clean and healthy.

How to Eat Kale

Kale can be prepared and eaten in many ways as part of the main meal, in side dishes as well as in salads. It can easily be incorporated in various recipes to improve the nutritive and health benefits of food. It works very well as one of the ingredients in sauces, meatballs and muffins. It can also be used in stews, soups and stir fries as well as in smoothies and dressings.

Kale Buying Tips

Kale is available throughout the year in supermarkets, farmers' markets and gardens. When buying kale, the best practice is to go for those whose leaves are deeply colored and whose stems are firm and moist. These will be the fresh ones. Wilted or discolored leaves signify that the kale is not fresh. Kale with smaller leaves as opposed to very large leaves will often be more tender and give a better flavor. Excessively large leaves are likely to be overripe and slightly bitter tasting. For salads, smoothies and juice, young kale leaves are the best option.

How to store kale

Kales can be stored for up to one week in the fridge. Moisture should be wiped off from the leaves with a towel before placing them in a plastic bag. As much air as possible should be expelled from the plastic bag before closing and placing it on the lower shelf or the door of the fridge.

Varieties of kale

Kale, whose scientific name is *Brassica oleracea*, belongs to the cruciferous family, which also includes cabbage, cauliflower, broccoli, Brussels sprouts and collards. The cruciferous family originated in Asia Minor. From there, it was taken to Europe and the rest of the world around 600 B.C. Kale arrived in America in the 17th century, courtesy of English settlers. Today, there are many varieties of kale to choose from. The most common include black kale, curly kale, Tuscan kale and ornamental kale.

Is kale a practical weight loss superfood?

Losing excess weight and keeping fit improves the personal image and general health. Kale has all the makings of a superfood that calms the hunger pangs, supplies many necessary nutrients and wards off disease. It's one of the few foods that I know of that I can eat more to lose weight and get healthier without following impossible routines.

DIABETES-FIGHTING SUPERFOODS

**SUPERFOODS
POWER** Volume 2

DIABETES

**7 Top Diabetes-Fighting and
Blood-Sugar Kicking Superfoods**



CHARLES W. JAMES

DIABETES SUPERFOOD #1 - CINNAMON



Cinnamon: A Diabetes Treatment Revolution

Cinnamon has been revealed as the new diabetes superfood, with the potential to significantly stabilize blood sugar. It is not a cure, of course, nor is it a replacement for proper diet, exercise and lifestyle changes that are so important for proper diabetes treatment and maintenance. As a dietary supplement, however, cinnamon is one of the easiest and tastiest ways to control blood sugar. Cinnamon makes it much easier to manage diabetes through diet, something that is particularly helpful with children. When it comes to superfoods, cinnamon is a very special spice.

An Oldie but a Goodie

Cinnamon is one of the oldest known spices, used throughout ancient history. A natural substance, cinnamon comes from the bark of the cinnamon tree, native to India, Brazil, Egypt and a number of other countries. It was a popular trade item, prized as highly as gold. Pliny the Elder valued cinnamon as worth 15 times more than silver.

One of the earliest mentions was in 4000 B.C. as an import from China to Egypt. Egyptians used it for embalming, and cinnamon has been used throughout history as both a food supplement and as a treatment method. In Ayurvedic medicine in China and Japan, women use it to treat infertility. Combined with the anti-bacterial properties of honey,

cinnamon is used externally as an analgesic to reduce the pain of a toothache and treat the pain and itching of insect bites. It has been used to treat bladder infections, indigestion, and skin infections such as eczema. In South America it is gargled to combat bad breath. A honey and cinnamon paste is even recommended as pimple treatment.

In recent years scientists have learned more about the superfood qualities of cinnamon. It is known as an efficient antioxidant, and the essential oils derived from cinnamon are effective against various microorganisms. Cinnamon's potential for diabetes treatment was recognized early on, and researchers have been looking into how cinnamon can help stabilize blood sugar and improve blood glucose control. As little as half a teaspoon daily can significantly lower serum glucose, triglyceride, and cholesterol levels in individuals with type 2 diabetes. This also has the effect of reducing a number of diabetes risk factors and risk of developing cardiovascular disease. Research has shown that cinnamon increases transporter mechanisms that remove glucose from the blood stream.

Cinnamon has also been found to be an effective mimetic of insulin, meaning it acts in a similar way on the body. This has potential for possible use in cases where cells have become resistant to insulin.

Cinnamon is also helpful in treating many of the side effects associated with diabetes. For example, Cinnamon helps with weight loss, and may contribute to reductions in obesity among diabetics. Its antioxidant properties are important in reducing incidence of diabetic retinopathy, a common disease that leads to vision loss and blindness. Cinnamon is used to improve insulin functioning in women with polycystic ovary syndrome, which in turn impacts hormones that interfere with getting pregnant.

Cinnamon's amazing properties are not limited to diabetes treatment, either. It inhibits development of Alzheimer's, cancer, and cardiovascular disease. Scientists are considering ways to use it in treatment of arthritis and kidney disease. Some research is even being conducted into cinnamon as a mosquito repellent.

Studies continue to be conducted, and much remains to be learned about the potential of cinnamon. Long-term effects and safety concerns are among the considerations still being studied. For example, there are potential questions related to one variety of cinnamon which contains coumarin, which can interfere with blood clotting. The existing body of research, however, along with a long history of traditional medicinal usage, highlights cinnamon as an important factor in diabetes treatment. The many health benefits of cinnamon also make it part of a healthy, well-balanced diet.

Cinnamon: Not Just a Breakfast Treat

The active components of cinnamon that exert an effect on blood glucose and cholesterol are contained in the water-soluble portion of cinnamon, not in the cinnamon oil.

Cinnamon can be consumed in powder form, or as a stick. Eating large quantities of cinnamon straight out of the can is not recommended, since the parts of cinnamon that are not water soluble can build up in the body. Overuse can also lead to allergic reactions.

There are some indications that saliva might neutralize some of the qualities of cinnamon, so taking it in capsule form is an option. In diabetes treatment studies, dosages of between 1 and 1.5 grams daily were used, which is only about 1/3 of a teaspoon, so large quantities are not needed in order to achieve results.

Cinnamon can be consumed directly or brewed in a tea. Cinnamon sticks can be used in almost any hot drink, since the active components are not impacted by heat. Sprinkle it in your morning coffee and oatmeal, or enjoy a cinnamon bun. Try sprinkling it on cottage cheese, or on any piece of fresh fruit - apples, bananas, peaches. Cinnamon works with almost any dessert, say baked apples with cinnamon or pumpkin pie or carrot cake. Chew a cinnamon stick for fresh breath, or try cinnamon toothpaste.

Cinnamon adds a bit of exotic flavor to almost any meat - fish and prawns in particular. Sprinkle it directly on the meat or use it mixed in a marinade. Use cinnamon in soups, on

scrambled eggs, and in rice, either long-grain or wild rice or mixed with honey in rice pudding. The cinnamon-honey combination is not only tasty, but adds the health benefits of honey, a natural sweetener that most diabetics can use without significantly impacting glucose levels.

Here are a few more ways to use cinnamon:

- in a glaze for roast duck
- in a mushroom pilaf
- cinnamon butter on a slice of bread
- with cabbage salad
- in chili-masala chicken
- mixed into salad dressing
- mixed into a stir fry

Cinnamon is a common ingredient in Middle Eastern cuisine and in food of other cultures. Explore some of these and find new and creative ways to add cinnamon to your diet every day.

Cinnamon Best Buys

There are several different varieties of cinnamon. Most common are the Korintje, or Indonesian, which comes from the cassia tree, and has a bitter, citrus tone; the Vietnamese, also from the cassia, but stronger and spicier; and Ceylon, which comes from the cinnamon tree and has a mild, sweet flavor.

There are also different grades, with Grade A having the sweetest and most mellow flavor and aroma. Top grade is usually available in gourmet and specialty shops. Most grocery stores sell Grades B and C, which is purchased in bulk and is more bitter. The volatile oil content is also a factor, as the oil is what gives cinnamon its flavor. The ideal

cinnamon has at least two percent volatile oil.

It's a good idea to try different varieties and experiment with how they best blend in your favorite recipes. Ground cinnamon should be purchased in small quantities to ensure freshness, and flavor often deteriorates if stored for a long time. You can grind your own from sticks, but this requires some work. The redder the stick, the stronger the flavor. Both ground cinnamon and cinnamon sticks can be purchased at spice markets, specialty stores, grocery stores, or ordered online. Cinnamon bark capsules are available at grocery stores, drug stores, and online.

DIABETES SUPERFOOD #2 - VINEGAR



Controlling Diabetes with the Humble and Common Vinegar

Vinegar is indeed a common condiment. It is mostly composed of acetic acid, created through ethanol's bacterial fermentation. People traditionally use it in the kitchen, although they have also extensively used it in various domestic, industrial and medical purposes throughout history. However, what makes it special that diabetics use it to control their medical condition?

Vinegar is particularly noted for its capacity to control blood glucose levels. Before hypoglycemic agents became popular, diabetics used vinegar teas to lessen symptoms, and medical trials have shown that vinegar mixed with food reduced the glycemic index or GI (indicating carbohydrates' effects on blood sugar levels). It also lowers blood glucose through chromium, a component linked with glucose metabolism and insulin regulation.

Vinegar: the unlikely superfood

Medical research has demonstrated the effects of vinegar in many bodily processes. Aside from its anti-diabetic properties, it also reduces body fat levels and blood pressure. It has large amounts of chlorine, silicon, sodium, copper, sulfur, potassium, iron,

phosphorous, magnesium, and calcium. Hence, it supports healing for ailments like sore throats, arthritis, flu, acne, sinus infections, candida, contact dermatitis, high cholesterol, allergies, and chronic fatigue.

Acetic acid, the main component of vinegar, inhibits body fat development in mice and men, thereby prohibiting fatty acid oxidation-activating enzymes like maltase, sucrase, amylase, and lactase. Thus, vinegar in the intestines helps some starches and sugar pass without digestion - alleviating effects on blood sugar. Acetic acid also increases feelings of fullness when eating food with high glycemic index (GI), thus lowering blood glucose level.

Vinegar: the warrior against diabetes

In 1988, Japanese researchers discovered vinegar's anti-glycemic effect in mice. When people take strawberry vinegar, insulin level dips. After a few years, Brighenti and colleagues showed how white vinegar reduced glycemic response as compared to neutralized vinegar. Adding vinegar to rice decreased GI from 20 to 35 percent in a study by Sugiyama and colleagues.

A recent study showed vinegar's anti-glycemic effect even in patients with Type-2 Diabetes. However, vinegar's beneficial effect decreases during meal time. After meals, vinegar helps reduce glycemia and sensitivity to insulin.

Based on studies, patients resistant to insulin also greatly benefit from vinegar. Ostman and colleagues showed that acetic acid (vinegar's main component) decreased glycemia and insulin in the blood after meals. They also demonstrated how vinegar increased feelings of fullness after consuming bread and other foods.

A separate study with strict rules proved that healthy women take in fewer calories when they include vinegar in their breakfast. In other words, vinegar prolonged the feeling of fullness and decreased hunger pangs.

Cool Ways to Consume Vinegar

Vinegar is a common ingredient in many food preparations, especially in vinaigrettes, pickles and salad dressings. Condiments and sauces like ketchup, mayonnaise and mustard, and occasionally chutneys and marinades, contain vinegar. People use vinegar for pickling.

Some also use vinegar as a condiment for cooked beetroot. British, Irish and Canadian consumers use it for chicken and fish and chips dip. For this purpose, cane vinegars, malt vinegars or brown rice vinegars are suitable. Americans, British and Canadians love consuming vinegar potato chips or crisps' flavor.

North Americans modified the chess pie by flavoring it with vinegar in little amounts,

sometimes also adding sour cream, spices and raisins. They also make vinegar into dips for crab meat and as substitutes for lemon juice in various recipes. They likewise use vinegar to steam crabs.

Vinegar is a popular ingredient in many sauces too. Combined with sliced onions and honey, it makes a delectable sauce for roasted lamb. It is a component of mint sauce as well. Vinegars are great for marinating meat and as salad dressings.

White vinegar is also ideal for salads and pickles. It is great for chicken and fish, as well as for making vinegar cake and vinegar cookies.

Vinegar is also a big favorite in Asian cuisines. The Chinese sweeten and include it in ginger stew. Chinese soups use red vinegar during special occasions. Rice vinegar is a necessary ingredient in Japanese sushi rice. Meanwhile, Filipinos use cane, palm or coconut vinegar for various viands. The popular Filipino and Guam adobo dish utilizes vinegar.

As a flavoring, Southerners in the US use vinegar to put flavor in cabbages, green beans, black-eyed peas, and collard greens. They also use white vinegar as flavoring for beans.

Purchasing Vinegar Wisely

Several vinegar types and flavors abound in the market. Some specifically suit specific needs, while others do not. Buy vinegar wisely by considering the following tips:

Ideal type: You should first check the type of vinegar you need to use. Some recipes call for specific vinegar types which may not be readily available in the supermarket.

Ideal amount: Buy only what you need at the moment. Using only a few teaspoons for a certain recipe may require only a small bottle. If it will be used in bigger amounts, then that is the time to buy a larger bottle. Nevertheless, as an acid, vinegars do not readily expire.

Right store: For more common types of vinegar, visit the local grocery or supermarket. However, for balsamic vinegar and other specialty types, go to a specialty store. If there are no such stores around, you can always browse online. A warehouse club store is also a good source.

Right preference: Different people have different tastes. A great-tasting type of vinegar for one may not be good for another. When buying vinegar for personal use, consider this variable and try out different kinds and flavors. Balsamic vinegar, for instance, comes in various ages and has many flavors. Other vinegar flavors include tarragon, basil, cranberry, apple, tomato, blueberry, garlic, and shallot, among others.

Thus, as a diabetic, take advantage of the vinegar, your humble and common ally in

controlling diabetes. Include it in your diet and experience its wonders.

DIABETES SUPERFOOD #3 – VIRGIN COCONUT OIL



The Sweet Island Secret That Does a Wipeout on Diabetes

The biggest superfood known to man is human breast milk. What comes in a close second is virgin coconut oil. This special island treat has an abundance of fatty acids and small chained, healthy saturated fats. These small chain fats are able to permeate the cell much easier and without the aid of insulin. Virgin coconut oil is a low-glycemic wonder food!

Lower Your Blood Sugar With This Sweet Treat

More and more people are learning about the awesome diabetes-fighting, blood-sugar kicking, sweet sensation that is virgin coconut oil. This island fruit boasts some of the best blood sugar- reducing properties known to man. The secret of this magical fruit lies deep within its cell structures. The fat chains that are in coconut oil are much smaller than with those in other oils, such as olive or vegetable. These chains are able to slip right into the cell without assistance. This allows the cell to absorb energy from the foods we eat without the assistance of insulin, thus slowing down the absorption of sugar in the blood stream.

Not only does this power-packed superfood help with blood sugar, but it also works to

increase blood circulation in the legs and feet. This also helps diabetics with the numbness and tingling that they often suffer from as a result of their diabetes.

Studies have also shown that this miracle oil helps the pancreas to become more sensitive to insulin, which allows the organ to work as it should without the aid of injected insulin. This helps to reduce insulin resistance. With the pancreas able to do its job much more effectively, this keeps the blood sugar lower and lowers the dependence on insulin and diabetes medications.

Studies done by Bruce Fife, author of *The Coconut Oil Miracle*, show that those who have diabetes often have blood sugar spikes after some types of meals. Taking just two tablespoons of virgin coconut oil lowers the blood sugar back to normal within about thirty minutes. As Mr. Fife states, there is no other herb or medication on the market that can do that!

Put the Lime in the Coconut and Drink It all Up!

Some say virgin coconut oil is an acquired taste, but 90% end up loving the flavor very soon after they start the regime. Many diabetes patients take two tablespoons straight up. They don't mix it with anything and just swallow it right down. If you are looking for more alternative methods to getting your sugar fighting on, then stay tuned!

There are many ways that virgin coconut oil can be used in your daily cooking and eating. One of the best ways is to make a mixed non-alcoholic drink. You can mix your coconut oil with some diet lemon-lime drink that has been frozen to a slush. Throw in a slice or two of lime and drink it up!

Coconut oil can be cooked with in place of your other oils. Its high sustainability and high smoke point make it perfect for stir-fry and frying meats. This makes the dish much healthier and good for your diabetes. So throw out those other oils and have a jug of virgin coconut oil on hand!

Coconut oil also makes an excellent marinade for meats, chicken, fish, and vegetables. Put in some garlic and spices and let it sit in that sweet juice for hours. The good news is, it will also tenderize your cuts of meat!

You can also use coconut oil in salad dressing. Just mix up your usual ingredients like vinegar and spices. Instead of using olive oil, pull out the virgin coconut oil and shake it up. Your salads will taste better than ever and everyone will want to know your little secret!

Last, but not least, you can blend up coconut oil in healthy smoothies. If you use Glucerna or other diabetic shakes, this is a perfect way to blend in extra flavor and good health. You can mix it with all different flavors of shakes and smoothies and it blends in perfectly with each. Shake it, drink it, and watch your blood sugar come way down!

Buy the Purest Coconut Oil to Say Aloha to Your Diabetes

There are some important facts that we must get straight before we dive into the world of purchasing virgin coconut oil. First of all, coconut oil is not coconut milk. That little blue can you can buy at your grocery store that says coconut milk is not going to give you the benefits that virgin coconut oil does. It would be like trying to get drunk with milk, it just isn't going to happen!

It is also important to understand that not all coconut oils are created equal! Many of these so-called oils are partially milks. The true virgin coconut oil is raw in form and taken straight from the coconut. It is not processed or mixed with any flavors or other ingredients.

Buying pure virgin coconut oil is often tricky. Some specialty health food stores may carry it, but read your labels carefully! Don't fall for fake coconut flavored oil or coconut milk. The best advice is to order the virgin coconut milk online. There is a company online that sells the purest form of virgin coconut oil. It is called Gold Label Virgin Coconut Oil. You can also buy coconut oil on sites like Amazon and Ebay. Again, just be careful from whom you buy it and make sure that you are getting the real deal.

Coconut oil has a really long shelf life as long as it is stored properly. It is still important to check the expiration dates before you buy. Also, make sure that you do not buy too much. There is too much of a good thing sometimes! Having ten cases of coconut oil is not a good thing. You will end up not using it before it loses its freshness. You can buy ahead, but don't overdo it. Learn the amounts you will typically use each day to keep just enough supply on hand so that you aren't panicking, waiting on your next shipment to come in.

Add some virgin coconut oil to your diet and kick diabetes off the island!

DIABETES SUPERFOOD #4 – SPINACH



Spinach- The Amazing Superfood That Fights Diabetes

Spinach has been forever associated with the famous cartoon character Popeye, and whenever Popeye would eat his spinach, he would have super-strength. Although he is a fictional character, there is definitely a connection between spinach and the amazing vitamin power that it contains.

Spinach is considered a superfood because it is packed with Vitamin K, Iron, Vitamin E, Magnesium, Calcium, B Vitamins, Zinc, and Folic Acid. That's a whole lot of vitamins and nutrients for one green leafy vegetable, and it certainly packs a lot of punch!

The Amazing Health Benefits of Spinach

Spinach originated in the Middle East, and Arabians used this superfood many centuries ago to treat lung and throat infections, as well as other illnesses. Fresh spinach leaves contain a multitude of antioxidants, and studies have shown that spinach is an anticarcinogen.

Spinach is part of the chenopod family, which also includes beets and quinoa, and this particular food family is known to have a specific connection between the phytonutrients they contain and nervous system health in humans.

It is a well-known fact that 1 in 10 individuals in the US have the chance of developing type-2 diabetes. Diet plays an important role in preventing this ailment, as well as assists individuals that have already been diagnosed.

Spinach is packed with magnesium, and in patients with diabetes, it works to improve their overall blood sugar levels. One cup of spinach contains 156.60 mg of magnesium,

and individuals that up their spinach intake are giving their bodies just what they need to curb their symptoms, as well as prevent diabetes from ever developing.

Spinach intake also promotes weight loss, and many diabetics have issues with obesity. By adding spinach to their diets, they can attack diabetes in two different ways. One, by adding the extra magnesium into their systems that will assist with strengthening the body and improving blood sugar levels, and two, by losing the weight that is contributing to their affliction.

Delicious Ways to Eat and Prepare Spinach

While Popeye preferred to eat his spinach straight from the can, there are many different ways to prepare and enjoy this delicious superfood in order to enjoy its taste as well as its health benefits.

Spinach juice is easy to prepare and makes the perfect morning drink or mid-day energy boost. Simply blend together fresh spinach leaves, lime juice, and an apple for extra flavor using a blender or a juicer. This vitamin packed drink will give you energy and stamina, and all the while it will be working internally to combat fatigue, balance out blood sugar levels, and strengthen the body.

A baby spinach and cranberry salad is a healthy lunch alternative that is easy to prepare and packed with antioxidants and vitamins. Baby spinach has the same nutritional value as regular spinach, and can be added to sandwiches, pasta dishes, and even as a potato topper.

Sautéed spinach with garlic is also a delicious treat. Garlic is one of the healthiest foods in the world, as it lowers cholesterol levels and helps with circulation. Simply saute the two ingredients together with virgin coconut oil for two minutes, and voila! You have yourself a delicious and nutritious meal.

Spinach makes a great partner to artichokes, and spinach and artichoke dip is an all-time favorite of many. Although it is delicious, it does contain a lot of cheese, and a diabetic that is watching their caloric and fat intake may want to try an alternative version of fresh spinach and artichokes topped with olive oil or a low fat salad dressing. Same delicious taste, minus the fat and calories!

What to Look For When Purchasing Spinach

Fresh spinach can be purchased frozen, in bags, or in bunches. It is always in season, and it can also be purchased in cans. Canned spinach offers the same vitamins and health benefits as fresh spinach, and it is commonly used in cooking.

When purchasing fresh spinach, it is always a good idea to look for leaves that are bright

green and tender. Leaves that have a gritty feeling to them or that have a yellowish color should be avoided. Over ripe spinach will have a bitter taste and a hard, firm, texture.

Spinach can be purchased at the local grocery store as well as organic or specialty markets. Farmers markets also sell delicious home grown spinach, and they tend to have the best quality at the lowest price.

At a standard grocery store, spinach costs about \$3.32 per pound and one can of spinach costs around \$1.19. Frozen spinach costs around \$1.25 per box. Organic markets may sell spinach at a slightly higher price, but it is usually within this range.

Once you get your spinach home, it is important to wash and store it properly in order for it to maintain its freshness. Fresh spinach stored in the refrigerator should be used within 1-2 days, and frozen spinach can last up to six months.

To store fresh spinach in the refrigerator, wash the spinach with cold water and place in the crisper. Spinach can also be wrapped and stored in the main refrigeration area.

If you are looking to freeze your spinach, you will want to first wash the spinach, and then trim any leaves that are attached to the stalks. You will then need to blanch the spinach in boiling water for 1 minute. Blanching spinach in smaller quantities works best. Once you have boiled the spinach, you will then transfer the spinach into a container of iced water and let it sit for 1 minute. Once this step is taken, simply drain the spinach and place in the freezer for 30 minutes. When the thirty minutes have passed, you will then take the spinach and transfer it into plastic bags. After the air is removed and the bags are properly sealed, you can then store your spinach for up to six months.

By knowing what to look for when purchasing fresh spinach and taking some easy steps to store it properly, you can enjoy this amazing superfood on a daily basis and contribute greatly to your health and wellness.

DIABETES SUPERFOOD #5 – BEETS



The Superfood That Can Help Keep Diabetes in Check

Beets (also called Beetroots) might be a superfood, but can they help those suffering from diabetes? According to recent studies, they can.

Compared to some other superfoods, beets don't get a lot of love, especially from children. Many people just assume they won't like them without really giving them a chance. But adults who give beets a try often find that they enjoy the natural, sweet flavor of this root vegetable. And not only do beets taste good, they also have a lot of health benefits.

If you are craving something sweet but healthy, beets are a great choice. Not only are they low in calories, they also contain no trans or saturated fat. Beets are high in carbohydrates, which can give you a boost of energy when you're feeling rundown. They also contain folic acid, which helps to stimulate the production of new cells.

For diabetics, beets have many specific health benefits.

How Beets Can Benefit Diabetics

Antioxidants have gotten a lot of great press in recent years, and for good reason. Antioxidants help to fight free radicals, which can cause damage throughout the body. In fact, eating foods rich in antioxidants can drastically lower your risk of suffering from

heart disease, nerve disease, and certain types of cancer.

Recent studies have found that a diet rich in antioxidants is also important for those suffering from diabetes. Not only does diabetes help to create more free radicals, but those with diabetes go through their antioxidant stores much faster than those without. So eating more antioxidant-rich foods, like beets, is key to a diabetic maintaining good health.

Lipoic acid, which can help to prevent the cell damage caused by aging, is one of the powerful antioxidant found in beets. Nerve damage causes many diabetics to experience numbness and pain in their hands and feet. And, according to several studies, lipoic acid can help to heal this nerve damage.

A study done by German scientists, and published by Diabetes Care Magazine, showed that alpha-lipoic acid aids in glucose control. In fact, alpha-lipoic acid was shown to significantly reduce fasting glucose levels. It can also help to fight insulin resistance.

Magnesium is another powerful antioxidant found in beets. Most people suffer from magnesium deficiency, meaning they don't get nearly enough of this powerful nutrient in their diet. This is especially bad news for diabetics. Magnesium plays an essential role in the regulation of blood sugar. And magnesium deficiency can lead to insulin resistance, meaning more insulin is needed to maintain normal blood sugar levels. A magnesium deficiency can also contribute to some of the complications diabetics can experience as a result of their disease, like heart disease and high blood pressure. Luckily, eating beets can help you get more magnesium into your diet.

Another powerful antioxidant you will find in beets is vitamin C. A 1995 study showed that vitamin C improved the lipid levels and blood glucose levels in type 2 diabetics. As with other antioxidants, the vitamin C levels of those with diabetes tend to be especially low, perhaps because high blood glucose levels hampers vitamin C uptake. So it is important for diabetes to eat plenty of foods rich in vitamin C.

Ways to Eat Beets

People are sometimes surprised by how many different ways there are to eat beets. But this superfood is surprisingly versatile. Beets can be grilled, baked, roasted or sautéed. You can buy canned beets, pickled beets, or fresh beets. Beets can be used in salads, soups, and stews. There are almost no limits to what can be done with this superfood.

To prepare fresh beets, simply rinse them in clean, running water for a few minutes. The skin of a beet is tough, and should be peeled off before you eat a beet, or prepare it for use as an ingredient.

If you want a fast, convenient and affordable way to enjoy beets, you can buy them canned. Compared to some other canned vegetables, canned beets are pretty inexpensive.

And, if you want a quick snack, all you have to do is open a can of beets, pour them into a bowl, and enjoy.

Thanks to their beautiful rich color, beets make a great garnish. You can sprinkle shredded beets on top of savory dishes to add a little sweetness as well as visual appeal. Shredded beets can also be added to things like pancakes, muffins and breads. You can even add shredded beets to ice cream. Adding beets is a great way to give old favorites a new and interesting twist.

Borscht is a famous soup made with beets. Served chilled, this can be a great choice for hot summer days. Borscht also doesn't require a lot of preparation time, which is ideal when you want to make a substantial meal without having to spend hours in a hot kitchen to make it.

Like potatoes, another root vegetable, beets can be fried. Beet chips are a great choice when you want something crunchy or sweet. And they are easy to make. Just slice them up and fry them in virgin coconut oil.

Buying Beets

You can usually find fresh beets in the summer, fall and winter. When buying this super food whole, look for beets that look crisp and fresh. If a beet looks a little off, it's probably not the one you want.

Fresh beets should have a deep, vibrant color, the leafy tops should be bright green, and the roots should be firm and smooth. They should also be firm to the touch. Avoid buying beets that have cuts, nicks, or other surface imperfections.

A good beet should be heavy for its size. So, when you pick it up, it should be a bit heavier than it looks like it should be. If you like your beets sweet and tender, go for the ones that are smaller in size. Larger beets can have a tough core and a starchy taste that you might not enjoy.

Due to their many benefits, beets are a healthy choice for anyone. And diabetics can benefit greatly from making this superfood a regular part of their diet.

DIABETES SUPERFOOD #6 – WATERCRESS



Watercress: Not Just for Dainty Sandwiches Anymore!

Watercress is one of those superfoods that gets overlooked quite a lot as a good source for healthy eating. It is a power-packed herb that has many properties that help with diabetes and other illnesses. Watercress contains a host of vitamins: vitamin A, vitamin E, vitamin C, iron, phosphorus, copper, and calcium. It helps lower blood sugar levels, cholesterol levels, and fights cancer.

Watercress Stops Diabetes in Its Tracks

Watercress has a combination of vitamins and minerals that helps to lower blood sugar levels and lowers the dependence on insulin. Studies have shown that consuming watercress on a regular basis helps to reduce the insulin dependency of diabetes patients by about 10-20%. Watercress also increases the natural defenses and immune responses in diabetes sufferers. This helps boost the immune system and its healing processes.

Watercress works on the pancreas by stimulating insulin production and blood sugar levels. It is packed with complex carbohydrates which considerably reduce the amount of insulin required by the body. Experts have found that eating watercress with a meal increases the pancreas' ability to monitor blood sugar levels and helps to prevent the blood sugar spikes that are often seen when a diabetic consumes a meal. Studies have also shown that diabetics should eat at least 3-4 servings of watercress a week to give the

best benefits. So, it's time to be adventurous and finally try some watercress.

Watercress Has the Peppery Goodness That Can Bring Your Dishes to Life

Most people have maybe heard of watercress, but most have not eaten the stuff. It's that leafy-looking bunch of greens that we see in the produce section, but never reach out to purchase because we just have no clue what to do with it. Have no fear. There are many ideas on how you can include this little green gem into your menu and help your diabetes at the same time.

Watercress has a clean and peppery taste. It is very similar to the flavor of horseradish because it has that spicy heat with a little burn. Watercress can be bitter if it is allowed to flower, so if you are growing it yourself, be sure to pick it before it blooms.

Now that we know what watercress is and what it tastes like, we can plan some delicious ways to enjoy it. Watercress can be cooked or eaten raw. It can even be dried to use as a dried herb. When it is dried, it takes on a whole different aroma and taste. The smell is floral and is often compared to a floral vanilla.

Raw watercress can be eaten in salads. Mixed with other greens, it gives a great punch to that boring old lettuce. You can also mix chopped watercress in homemade salad dressings and sandwich spreads. This provides a spicy taste to your dressings, dips, and spreads.

Many people enjoy watercress sandwiches -- well, at least those who are Martha Stewart junkies. It truly is not that bad. Watercress is mixed with cream cheese or butter and spread on soft bread that is topped with fresh cucumbers.

Watercress is added to soups and stews. It can be put in whole if it is picked early or chopped if it is more leafy. The leaves and stems give a great peppery kick to hot dishes. It can also be used fresh as a garnish on top of a bowl of soup or stew.

Experts have found that making a tea of watercress gives the herb even more healing power. You can place watercress in the cup with your normal tea bag and let it steep along with your tea. You can also chop and bruise the leaves and place them in a small piece of cheesecloth to make a pure watercress tea.

Watercress can even be chopped up in fruit salads. It goes well with melons and citrus. It is important to make sure that you use it in small amounts so as not to overpower the fruit dish.

Pick the Best Watercress to Improve Your Recipes and Your Health

It is important to understand how to choose the best watercress. Since watercress is a water plant, most of the time you will see it with its roots intact and sitting in water. This is the best way to purchase the herb to ensure that it is of the freshest quality.

When purchasing watercress, you should not choose herbs that appear to be blooming. If you see flowers or buds on the watercress, do not purchase it as it will have a terribly bitter taste that will not be appetizing. You should try to look for watercress that has been picked young. It should have small stems and small leaves. This produces the best flavor with a mild hint of pepperiness.

When purchasing watercress, make sure that the leaves are not browning or wilting. This can mean that the plant is past its prime and not good for eating. The leaves should be bright green and silky and the stalks should be a bright whitish green and they should be flexible.

Another key to picking the best watercress is to smell it. It should have a fresh aroma with a peppery smell. You should notice only the fresh green smell of it and nothing else. Watercress that is truly picked fresh has very little aroma, but does have a fresh scent that you notice right away.

Growing watercress is also a great option for having fresh watercress available for your meals. It is important that you grow watercress in a contained area that can not be accessed by animals. You should preferably grow it inside in pots. Never pick wild watercress and consume it, as it can be infested with the liver fluke and this is not something that you want in your system.

So go to the store or farmer's market today and pick up some fresh watercress. You will enjoy its great taste and many health benefits.

DIABETES SUPERFOOD #7 – CHILI PEPPERS



Fire up Your Diet and Help Your Diabetes

Chili peppers are one of the superfoods that can help with Diabetes. They have a wealth of helpful benefits that make them a superfood.

The term peppers encompasses a large group of plants that are in the Capsicum family. These plants contain benefits such as anti-inflammatory, anti-cancer, and analgesic effects. These effects come from the capsaicinoids that are found in the peppers. In addition, the peppers also contain carotenes, flavonoids, and high levels of Vitamin C.

Give Your Food a Kick and Kick Diabetes

Chili peppers contain Capsaicin which has known anti-inflammatory properties. Studies are now being conducted on how well Capsaicin can help with Diabetes and the secondary diseases that are often present with it.

Dr. Ahuja, a research fellow at the University Of Tasmania School Of Life Science, has been conducting studies on the effects of Capsaicin on Diabetes patients. The results have been astounding. She has been studying this topic for five years and has gathered much information on the subject of chili peppers. As noted in many medical journals, those who suffer from Diabetes are at an increased risk for developing Atherosclerosis. This is a hardening of the arteries from a buildup of plaque from cholesterol in the blood. The studies that Dr. Ahuja has conducted have shown that Capsaicin in the chili peppers helps to lower the oxidation of LDL in the blood. Studies are also being conducted to see if Capsaicin might prevent Type 2 Diabetes.

In other studies, it has been shown that meals that were prepared using chili peppers required less Insulin to regulate the blood sugar both in Diabetes patients and in those without diabetes. This study was carried out in 2006 by The American Journal of Clinical Nutrition, Australia. The study showed that Diabetes patients who continued to use peppers in their cooking saw decreased blood sugar levels and a decreased need for Insulin. Eating these peppers in many different meals can begin to help the Diabetes

sufferer rely less on Insulin and more on eating healthy.

While studies are still being conducted, it is hoped that further information from studies will show that Capsaicin can prevent and even stop Type 2 Diabetes.

Spice up Your Life and Your Diet

There are many ways to eat the wonderful chili pepper. Most people can't handle the raw peppers. The good news is that studies have shown that the same benefits are given whether the peppers are cooked or raw. You can incorporate peppers into many dishes. Some people even use them in sweet recipes, such as truffles and brownies. Peppers can be sautéed in stews and stir-fry, or chopped up in salsa.

Many recipes for chili peppers combine them with tomatoes for even more anti-oxidant features and benefits. Salsa that is made with chili peppers can be used with tortilla chips as a dip, put on tacos, and scrambled with eggs in the morning for breakfast.

Many people enjoy stir-fry vegetables. You can make this a healthy dish by omitting the oil and using fat-free cooking spray. Chop up some fiery red chili peppers for a spicy flavor boost. You can add trimmed chicken breast, shrimp, or low-fat beef for a complete meal.

Peppers can also be chopped up into salads. They should be chopped finely so as to avoid too much heat. Low-fat dressing can be added to give even more flavor. This provides an interesting twist to the boring old salad routine. Try different dressing combinations to provide variety. Many people find Italian dressing goes well drizzled over chili peppers on a crisp bed of lettuce and salad toppings.

If you are looking for adventure in cooking, you can try chocolate truffles made with honey, fine chocolate, and chili powder from chili peppers. This adds an interesting vivid flavor to the chocolate. First you get the great, sweet taste of chocolate, and then the heat comes in at the finish. This is a really great way to enjoy chocolate along with the great health benefits of the chili peppers.

Try adding chili peppers to all kinds of dishes. Experiment with different flavor combinations to find what you like. Adding chili peppers to soups, hamburgers, and meatloaf can bring these once boring dishes back into life. Enjoy the flavor and heat that these little peppers hold inside, and you will also enjoy the health benefits that they can offer to your Diabetes.

Buy the Best Chili Peppers to Give a Punch to your Recipes

Chili peppers come in a variety of forms. They can be fresh, dried, and powdered. All of

the peppers start out as being green and then turn red. As the Chili peppers turn redder, they become sweeter.

Since chili peppers often have a thick skin, it can be difficult to tell when they are over-ripened. You can normally tell by looking at the skin. If the skin has brown marks or places that feel soft to the touch instead of firm, the pepper may be over-ripe. In general, you can eat peppers in all stages of ripeness. From green, to yellow and red, you can enjoy them at any stage of growth.

It is important to note that in general, the smaller the pepper, the more heat that it will produce. This isn't always the case, but is a good rule of thumb to follow when you are purchasing chili peppers. The skins should be shiny and the stalk area should be enclosed and green.

When buying dried chili peppers, it is best to buy sun-dried chili peppers as they have more flavor than commercially dried versions. Learning about the different chili forms and how they can be used in cooking can help you to develop great flavors in your dishes.

When you are looking for the best deals and variety on chili peppers, you can often find an abundance at outdoor ethnic markets. Asian markets often have a host of chili pepper varieties to choose from.

If you are feeling adventuresome and have a little bit of green on your thumb, you can try growing your own varieties.

MEMORY-BOOSTING SUPERFOODS

**SUPERFOODS
POWER** Volume 3

MEMORY

**7 Top Memory-Boosting
Superfoods**



CHARLES W. JAMES

MEMORY SUPERFOOD #1 – HEMP SEEDS



Enjoy the Nutty Flavor of Hemp Seeds and Boost Your Memory

When people hear the word hemp, they automatically think of marijuana. Hemp seeds are not a drug, and are in fact one of the greatest superfoods on the planet. They are packed with nutrients that help with so many conditions from heart disease to MS and arthritis. This superfood is becoming a popular addition to the diets of many people who are looking to increase their health.

Hemp Seeds: A Tiny Seed With a Bundle of Goodness

Hemp seeds are tiny little seeds from the cannabis plant. This is one of the oldest cultivated plants in the world and provides so many health benefits that stretch way beyond the applications that it is known for. Hemp seeds are soft seeds that have a taste much like pine nuts or even slightly like sunflower seeds. They are full of Omega 3 fatty acids and help to lower bad cholesterol and raise good.

Hemp seeds contain a compound that helps to improve memory by removing some of the trapped proteins that latch onto the brain tissue over the years and cause memory loss. This same compound helps with learning issues, such as ADHD and ADD and has been proven to stimulate a brain enzyme called calcineurin. This enzyme is responsible for the role of maintaining brain activity through the synapses in the brain. The Journal of Pharmacology issued a study that stated that mice were given this enzyme and that it improved both their memory and their immune response.

Hemp seeds contain GLA, which is one of the highly anti-inflammatory fats in the Omega 6 variety. There are only a handful of foods in the world that contain GLA. This super fat helps to reduce inflammation throughout the body and in the vessels, stopping unnecessary immune system responses and increasing the ability of the body to fight disease. Along with the inflammation aspect, GLA is wonderful for your hair, skin, and nails.

Along with all of these great attributes, hemp seeds and their oil have been shown to fight cancer, multiple sclerosis, diabetes, lupus, and many other diseases. When consumed in large enough doses over a six-month period, experts have found that many diseases have been completely cured.

Hemp seeds are one of the coolest new fads in the world of entertainment. Celebrities are having them on their salads and promoting their goodness. With so many benefits, it is truly no wonder that the hemp seed and its oil are considered some of the best sources of nutrition in the world.

How to Eat Hemp Seeds

Many people are not familiar with hemp seed and actually panic when it is discussed, thinking it is some covert drug that should not be talked about. Hemp has been used for centuries in everything from paper-making to clothing. It is one of the most versatile plants in the world, and its seeds provide a wonderful taste sensation that goes well with many different foods.

Hemp seeds can be used in many different ways. You can blend them in a high-speed blender and make dressings and vinaigrettes to go over salads and pasta dishes. The hemp seeds actually give a wonderful flavor and substitute well for mayo.

You can also roast them slightly to bring out their nutty flavor. They can then be tossed into salads, sprinkled over yogurt, or mixed in with your morning cereal. Much like nuts, hemp seeds give a light and nutty flavor that brings out the best in any dish.

Another amazing property of hemp seeds is that they can be made into a milk that tastes much like soy milk. All you need to do is soak the seeds in water and then strain out the liquid. The milk can be used on cereals and in smoothies for a great dairy-free treat.

You Don't Have to Start a Covert Operation to Purchase Hemp Seeds

Hemp seeds are not illegal and are not considered a drug. You can purchase seeds online or in high-quality health food stores around the world. They come in several varieties and forms and can be purchased as an oil too.

Hemp seeds come in the shell and are sold as hemp hearts with the outer shells removed.

Hemp hearts are the most popular way to enjoy the seed. Whether with the shell or without, the seeds are very soft and easy to eat. You can also purchase powdered hemp seeds to use in your baking. Powdered hemp seed can be used as a breading for your meats, chicken, and fish. You can bake these in the oven and get a wonderfully crunchy texture without unhealthy frying.

It is important to make sure that you purchase seeds from a reputable dealer. Make sure that you are purchasing 100% hemp seeds and that they are not mixed with anything else. This will provide you with the highest amount of nutrition possible.

At home, you should store your hemp seeds in the fridge, as they can go rancid just like nuts. Hemp seeds will keep well in the fridge for about six months and then should be discarded. For longer-term storage, you can place them in the freezer and use them as needed. They normally stay fresh in the freezer for up to a year.

So now that you know about the great wonders of this tiny seed, you can begin to incorporate them into your diet. Start out small and try them sprinkled in with different foods and different dishes to see how they affect the taste. Hemp seeds taste great on their own and can be eaten like you would sunflower seeds.

Do not be afraid of this unassuming seed. Though it comes from cannabis, you will not get high or fail a drug test.

By adding in these delicious nut-like seeds, you are giving your body so many wonderful nutrients that can help your memory, lower your blood pressure, and decrease the inflammation in your body. Have fun trying new ways to eat this wonderful superfood, and soon you will be feeling great and your brain will thank you.

MEMORY SUPERFOOD #2 – MANGOES



Mangoes: The Summer Fruit With Far-Reaching Benefits

Mangoes are a tropical fruit that are seen in markets around the warmer months. Their red and yellow mottled skin tells nothing of the rich orange/yellow fruit that lurks inside. This soft and juicy fruit provides many of the essential vitamins that are needed by the body, such as Vitamin E, Vitamin C, and Vitamin K. Not only do they have a delicious taste, but also they are a superfood that helps the body to fight in so many different ways.

Mangoes are the Superfood That Fights!

In the world of superfoods, mangoes are leading the way with their vast amount of helpful nutrients that do everything from fight free radicals to increase the sex drive. Mangoes are rich in antioxidants and help to protect the brain cells and clean the brain of proteins and free radicals, which cause cognitive issues and memory loss as we age. Once these proteins are removed, the brain is able to work properly and age-related brain conditions are less likely to occur.

The antioxidants also work towards fighting against cancer cell production, by removing toxins and free radicals that are a byproduct of cells. In removing these toxins and cancer-causing agents, the body is less likely to develop cancerous cells and is able to fight back with full immunity power.

Mangoes also include a host of vitamins including: Vitamin E, which helps the skin and boosts testosterone and estrogen, the sex hormones in both men and women. This

increases the sex drive and provides for a better state of mind. They are also packed with Vitamin C that helps to improve immune function and lowers bad cholesterol levels.

Mangoes also include tons of Potassium, which helps to maintain heart rate and blood pressure. Along with Potassium and other vitamins, they provide 25% of the RDA of Vitamin A, which helps with vision and keeps the eyes healthy.

With so many benefits packed tightly into one fruit, it is no wonder that mangoes are considered one of the best superfoods in the world. Making these delicious fruits a part of your daily diet can go a long way towards better health and a more vibrant life.

How to Eat Mangoes

Mangoes are a delicious treat on their own. They can be eaten without any adornment and are great for on the go snacks. Many people find the large seed removal a daunting task, but it is very simple to remove. All you need to do is to cut on either side of the seed. This will leave you with two slices of mango. Next, you simply cut into the fruit in slices going each way until you have little squares. Be careful not to cut through the skin. Once you have scored the fruit, you can bend back the skin and easily remove each piece.

Mangoes are wonderful in smoothies and yogurts. They pair well with dairy products and provide a unique tang and sweetness at the same time. You can puree them in sauces and in dressings and they go well with both sweet and savory dishes.

Mangoes can be cubed in salads and tossed in with pastas. They go great with almost any dish and provide a subtle sweetness that brings out the flavors of meats, chicken and seafood. With so many options to enjoy mangoes, you are sure to find a way to work these beautiful fruits into your diet.

Mangoes Buying Tips

Mangoes have not been as popular with people outside of the tropics and Spanish and Latin communities until the last few years, when they have become mainstreamed into broader society. Now, you can see them in just about every supermarket in the summer months and sometimes even in the fall and winter months.

Mangoes are at their peak in the warmest months and are much sweeter. The winter varieties are often lacking in flavor and color. Less color in a mango or any fruit means that the fruit holds fewer nutrients. When you are choosing a mango, it is important to keep a few things in mind.

Never choose a mango based on the color of the skin. Some people mistakenly believe that a red blush on the mango means that it is ripe. This is false, as the red blush is just a characteristic of some types of mangoes and not at all an indicator of ripeness. Instead of

basing your choice on color, give the mango a slight squeeze. If it has a little bit of give to it, then it is ripe. Mangoes that are not fully ripe can also be purchased and placed in a paper bag for a couple of days. This will speed up the ripening process and help them to be ready to consume faster.

Mangoes are fairly inexpensive in the summer months and can often be found at Latin or Spanish markets for much less than in the supermarkets. Frozen mango can also be purchased during those months when it is difficult to find fresh fruits.

For storage, it is best to keep the mangoes out on the counter in a cool environment. Once they are fully ripe, they should be consumed as fast as possible. As with any fruit or vegetable, the longer that it has been since they have been picked, the more they lose their nutrient-rich value. If you are not able to consume a mango that has ripened, it may be stored in the fridge for up to two days and then should be eaten or frozen.

Whether you enjoy these fruits on the go or cooked in different dishes, mangoes will delight your senses and help to give your body the nutrients that it is craving. Try incorporating this sweet fruit into your diet in different ways. You will be amazed at the flavors you can produce and your body will surely thank you for providing the nutrients that it so desperately needs. This is a superfood that truly deserves the title and one that we all should enjoy a little more of each day.

MEMORY SUPERFOOD #3 – RAW HONEY



Raw Honey: The Powerful Superfood

Raw honey, not to be confused with processed honey, is one of the best superfoods in the world. It contains vitamins, enzymes, antibacterial agents, antioxidants and a host of other good content that has kept it on the top of the list of superfoods for many centuries. It helps fight disease and improves brain function, making this a sweet liquid that everyone should include in their diets.

Raw Honey Attacks the Bad in Our Bodies!

Raw honey is like no other substance in the world. Made from bees, it is full of so many vitamins, minerals, and necessary nutrients, that just eating a couple of tablespoons a day can do wonders for your health.

Raw honey has been proven to help with brain function, including cognition and memory. Honey is filled with sugars that are the good kind and feed the brain the energy that it needs to function. Unlike processed sugars, honey can dissolve quickly and enter the blood stream within minutes, stopping fatigue that can cause memory lapses and sluggish brain reactions.

Honey also helps increase blood flow. By increasing blood flow, the brain is able to work more efficiently and hardening of the arteries and problems with the capillaries are

decreased. Raw honey has so many benefits that it would take pages and pages to explain all that it offers. It can even be placed on cuts for wound healing and to prevent infection.

It also is great for the skin and helps with wrinkles and dry skin symptoms. Along with all of these great benefits, raw honey has also proved instrumental in fighting seasonal allergies. It contains all of the pollens, molds, and dust from a particular area and when used with other allergy therapies, has helped to lessen the symptoms and to even eliminate the allergy all together.

How to Eat Raw Honey

Honey is not only great to fight against infections and help our bodies perform better, but it also tastes great. Unless you have an allergy to honey, raw honey is safe for any person over the age of three. For smaller children, you should check with your doctor. Raw honey can be eaten straight from the jar. Most proponents of raw honey's benefits recommend that you consume two tablespoons a day of the golden liquid.

Honey can be used in a variety of ways. For those who are not fond of the taste, it can be mixed in smoothies and shakes to add sweetness. It can also be drizzled over fruit salads to add a unique touch to an otherwise boring plate of fruit.

Honey can be served as a topping for ice cream or in dressings for salads. It is excellent in teas, but should only be added to the tea once the tea has cooled to a soothing warmth. There are truly limitless ways to use this sweet, thick product.

Raw honey should always be consumed in its original state. While honey can be heated and used in baked goods, it will not offer the same health benefits as in its raw state. Heat destroys much of the enzymes and other minerals, damaging the excellent fighters that are found inside.

How to Choose a Honey You Will Love

Raw honey comes in many different flavors and nuances. Where the bees were stationed when they produced the honey will determine the flavors that the honey gives. There are clover honeys, orange blossom honeys, and many other types that provide nice and subtle flavor differences. When you are choosing raw honey, there are some important tips to keep in mind.

First of all, raw honey is not the traditional honey that is found in the bear squeeze bottle. True raw honey has not been heated or processed and has had no other ingredients added to it. It is strained from the honey comb and jarred quickly to prevent the loss of nutrients.

If you have been buying honey that has been processed, you are not going to reap the

health benefits that raw honey brings. Processed honey has been known to have dangerous bacteria, such as botulism, and is mixed with large amounts of high fructose corn syrup. The National Honey Board states that around 82% of households purchase processed honey and most do not realize that they are not buying the true and complete honey that the bees produce.

If you are purchasing honey for its ability to reduce allergies, you must purchase honey that has been produced in the area that you live in. This will give you the best effects of allergy reduction, because the bees have been pollinating the flowers in your area and have come in contact with the plants, molds, and dust that are found in your particular locality.

Before making a raw honey purchase, make sure that you read the label thoroughly. There should be no added ingredients in the honey. If you see corn syrup or any other type of added sugar, steer clear of this fake honey. The honey should be very thick and kind of muddled. Processed honey is thinner and easier to see through. Last, but not least, the jar should say that it is raw honey and has not been heated or processed.

Honey is a superfood that has been eaten for centuries, as far back as Biblical times. It was once considered a food for only the rich and royalty. Raw honey has been used for many years to fight disease and improve the health and energy of people all over the world. It is a superfood that truly is able to do so much good in our bodies.

Try consuming at least two tablespoons a day and you will begin to see and feel the results very quickly. If you are having a lackluster day where your energy is waning, one spoonful can do wonders for a pickup!

MEMORY SUPERFOOD #4 – CANTALOUPES



Cantaloupes: The Power-Packed Melons

While a cantaloupe may not be the prettiest fruit with its rough and rumble exterior, it holds a treasure inside that helps with aging, cancer fighting, immune boosting, and memory improvement. It is packed to the brim with vitamins and nutrients and tastes as sweet as a summer day.

The Melon That Socks it to Disease

The cantaloupe is a superfood that belongs to the musk melon family. Its beautiful orange flesh has more beta-carotene than any other food source. Beta-carotene converts over to Vitamin A in the body and helps with healthy skin, eyes, and hair. It helps to prevent some of the eye conditions that occur with a lack of this crucial vitamin. Beta-carotene also helps to improve the tone and elasticity of the skin, helping to prevent wrinkles.

These melons are full of antioxidants and help to improve cognition, memory, and brain function by removing free radicals in the brain and body systems. It also removes proteins that accumulate over time in our brains and cause us memory loss and other degenerative brain conditions. By destroying the free radicals and proteins, our brains are able to function as they should.

Cantaloupes are also chock full of Vitamin C. This great vitamin helps many different conditions from the common cold to cardiovascular disease. It helps to increase immunity and arms the body with all the tools that it needs to fight against the bacteria that it comes into contact with.

Potassium is also present in great amounts in this superfood. One cup of melon has as much potassium as one medium banana. Potassium helps the body to regulate the heart rate and blood pressure, making it an essential nutrient for everyone, but especially those who suffer from high blood pressure or heart conditions.

How to Eat Cantaloupes

Who does not love this sweet and juicy fruit? Not only does it pack so much goodness into every bite, but also it is attractive to the eye and tastes great. This melon is delicious just as it is. It can be sliced or diced and even made into melon balls to enjoy in salads or with yogurt.

Melon can be pureed for sauces and the puree can be frozen into tasty treats for those hot summer days. It is a great refreshing treat that cools the body. Try blending it in smoothies and juicing it over ice for a wonderful taste sensation.

Melon goes great with any salad. It can be paired well as a sauce with almost any type of meat, fish, or chicken. The sweetness offers a mild flavor that does not mask the taste of the foods that it is used with, but instead adds an interesting background of taste, allowing the other foods to shine through.

How to Choose the Sweetest Melon Each and Every Time

When you are purchasing a cantaloupe, there are a few tips that can help you to get the best one, so that when you cut into its inner delights, you are not disappointed. The first step to finding a good melon is to smell it. A ripe cantaloupe will smell very sweet and melon-like at its stem end. If you pick up the melon and it has no smell or very little, chances are that the melon is not ripe. While it is possible to improve the texture and juiciness of the melon, it is not possible to make it sweeter once it has been picked; this is why it is so important to choose a truly ripe melon that has a sweet aroma.

You should also inspect the outer skin to make sure that it looks intact. A melon that is going bad will begin to show it in the skin. It will develop black spots and it will look dehydrated and shriveled. The skin should be nice and firm and it should not yield to the touch. If it feels too soft in areas, it is probably going bad and you should choose another melon.

Other signs of a bad melon include a foul smell and a blackened or separated stem area.

The stem area should be completely closed off and should have a pleasant odor. If you see a hole or any type of separation in this area, do not consume the fruit.

Cantaloupes can be found in the late spring and summer months. This is when they are most plentiful and the least expensive. You can purchase these gems at farmer's markets cheaply. Since cantaloupe does not freeze very well, it is best to buy only what you can consume within a couple of days.

For storage at home, keep the melon in a cool place, but not in the fridge. It will stay sweeter and firmer if you leave it out at room temperature. Once it has been cut, it should keep in the fridge for a couple of days. If your melon seems to be a little under ripe, you can place it in a loose paper bag for a couple of days to soften it.

This wonderfully sweet treat helps the body in so many ways. It is no wonder that this melon is considered a superfood. It is often referred to as the beauty melon, because it helps with so many aspects of the skin. With its supercharged fighting power, it is a true adversary of bacteria, free radicals, and disease. It packs in so much in such a small space and provides many of the nutrients that are needed for a healthy life. Why not pick up one of these sweet melons today? You will enjoy the wonderful flavor in so many ways and you will begin to feel and look better with each day that passes.

MEMORY SUPERFOOD #5 - BLACKBERRIES



Fill Your Mouth With Flavor and Your Body With Nutrients

Blackberries are one of the unassuming superfoods. They grow in the wild and are often seen lining the roads all in the South. While these berries are full of unique flavor, they truly give many more benefits than their flavor alone.

Blackberries are the Superheroes of Foods!

The blackberry comes from such humble roots, that it is often overlooked when it comes to its amazing powers. A superfood with cancer-fighting nutrients and brain-improving power should certainly be given more recognition than this small berry receives!

In 2006, "The American Journal of Nutrition" stated that the blackberry contains more antioxidants per gram than any other food. Antioxidants help to fight the free radicals that are floating around in our bodies before they have a chance to latch on to cells and cause cancers.

Not only does the blackberry fight free radicals in the body, but it also contains polyphenolics that help the brain to naturally cleanse itself by removing all of the proteins that accumulate in the brain, causing loss of memory and cognitive function. These little brooms help the brain to get out all the pollutants and free the mind to work as it should. A study posted in 2009 in "Nutritional Neuroscience" stated that rats fed a diet of

blackberries had better memory performance, and improved balance and coordination.

If the reasons above are not enough to have you reaching for these berries, studies have also shown that blackberries help with aging. By fighting the free radicals and removing toxins, they help with the skin's health and help to prevent wrinkling and skin damage. This amazing berry truly is a superhero among the superfoods!

How to Eat Blackberries

Blackberries have a wonderfully unique taste. While they can be somewhat bitter, many people find this is what makes them one-of-a-kind. That bitterness combined with their rich sweetness provides a wonderful taste that can be paired with both sweet and savory dishes.

Blackberries go wonderfully in smoothies. Add a handful in with a frozen banana and some low-fat milk and you have a great breakfast that is both packed with flavor and nutrients. Blackberries also go great in salads. Try sprinkling a few on top of your garden salad to add an unparalleled taste sensation to your normally boring green routine.

You can also make a great vinaigrette by pulverizing the berries and mixing them in with vinegar and a few drizzles of olive oil. This goes great over chicken or fish and can be drizzled over salads too.

For the sweeter side of the berry, you can mix them in with your yogurt or use them to top your ice cream sundae for a nice treat. They can also be baked in muffins and breads for a fruity touch. There truly is no end to the ways you can get these sweet berries into your diet. They are delicious just as they are and can be eaten any time of the day or night.

How to Choose the Best Berries

As with any other natural food, consuming it when it is at its most ripened state gives the most benefits. Blackberries start out a red color and are not ripe until they blacken. The blacker the berry becomes, the sweeter it will taste and the more nutritional benefits that it will hold. It is important that you know how to choose the best berries and how to know when they are too ripe and past their prime.

If you are picking the berries yourself, make sure that you wear protective gloves. The berry bushes are full of thorns and can scratch up your skin quickly. When you are choosing berries, make sure that you pick the largest and blackest berries that you can find. Do not choose berries that are red or are too small or malformed. These berries are not ready for picking and will be lacking in nutrients.

The blackberry should also be firm and plump. This is important to remember whether

you are purchasing your berries or picking your own. Blackberries tend to go bad quickly, so you should check for any white mold or bruised fruit. The packaging should not be leaking juice, if it is, do not purchase them, because this means the fruit has been damaged in some way.

To ensure that your blackberries remain as fresh as possible, make sure that you consume them within a couple of days of purchase. If you are not able to consume them, they can be frozen for use in smoothies and in baked goods. Freezing them does not appear to remove any of the nutritional benefits of the berries.

For storage in the fridge, make sure that you remove them from the plastic container that they are being stored in. They will mold much faster if you leave them wrapped in plastic. Try lining a colander with a couple of paper towels and then gently place your berries inside the colander. Do not wash your berries until just before you are ready to consume them, as wet berries are more prone to harboring bacteria and will break down much faster than dry berries.

No matter how you consume these great powerhouse berries, you are sure to enjoy their rich flavor that keeps the taste buds tantalized and the body healthy. These berries are a wonderful way to fight against those things that try to bring the body down. They provide essential vitamins and other nutrients that help the body to do its job more efficiently.

So, next time you ride past that blackberry bush patch or see them in the grocery store, do not just keep going by. Stop and pick or purchase this sweet treat and allow their benefits to begin flooding your body with goodness.

MEMORY SUPERFOOD #6 – OYSTERS



Oysters: Not Just an Aphrodisiac!

Oysters: some of us love those slimy little sea creatures and some cannot stand the delicacy. Now that more and more people are becoming health conscious, they are finding that oysters truly pack a punch when it comes to being a superfood. They are packed with not only tons of flavor, but also key nutrients that aid the body in unique ways. So just what do those little creatures provide in our diets?

Oysters are a Superfood That Explodes With Flavor

Oysters are brimming over with zinc. Zinc is an important mineral which supports our immune systems, allowing our bodies to resist infections and disease. It is also important in the metabolism of energy and provides the body with the ability to perform the tasks that we need to accomplish in our day-to-day lives. Not only does this sea delight contain zinc, but it also contains a necessary mineral called selenium. Selenium is now being understood as one of the great fighters of free radicals, which are those things that collect in our bodies and produce cancer cells. Not only does the selenium in oysters help with free radicals, but it also assists in thyroid function and helps prevent joint inflammation.

On top of these two essential minerals, oysters contain a wealth of protein and amino acids that help in muscle renewal and repair. These are essential in body function, as the stronger the muscles are, the stronger the body is and the better it is able to function. These minerals help with brain function and increase the ability of the brain to recall stored memory. It is essential that all people get enough of these two nutrients to ensure that they have proper brain function.

In addition, if that was not enough, it has always been rumored that oysters are a great aphrodisiac. It turns out that there is more to these rumors than meets the eye. Oysters help to increase estrogen and testosterone, hormones that are responsible for sex drive in both males and females. These essential hormones are important in the function of the sex organs.

How to Eat the Often Misunderstood Oysters

Oysters are a seafood staple that most people either love or they hate. Unless you happen to be allergic to seafood, these sea treasures are a wonderful way to enjoy a superfood. Most people do not like oysters because of the texture. They can be slimy if they are cooked improperly and the look of them often throws people off. While oysters may not be the most attractive of foods, they are a taste delicacy that is well worth experimenting with.

Oysters can be enjoyed raw with a squirt of lemon right on the shell. The lemon kind of cooks the oyster with its acid, if it is allowed to sit for a few minutes in the fridge. Try a couple of these right off the shell and feel the amazing power of energy that they possess. If you cannot quite bring yourself to try them that way, there are many other ways that they can be enjoyed.

Try dicing cooked oysters in your favorite soup or in a salad. They provide a mellow and not too fishy taste that is very becoming to soups, stews, and salads. You can finely dice them and make a wonderful salad dressing as well.

Along with these methods, you can add them into stir-frys or bread them with cornmeal and flour and oven fry them for a crispier texture that often helps more people enjoy them. This "frying" method prevents the slimy texture and provides a healthier way to get that fried taste without the guilt.

Choose the Perfect Oyster for a Delicious Treat

Choosing the perfect oyster is not only important for taste, but also for your health. Like most seafood, oysters are prone to spoilage very rapidly. When choosing oysters in the shell, you should look for an oyster that is tightly closed. If the shell is open, this means that the oyster is spoiled and is not edible. The shells should also be free of excess sand, showing that they have been rinsed and cleaned before being packed.

When you purchase fresh oysters, whether on the half shell or full shell, it is imperative that they are packed on ice. Never purchase oysters that are not on ice or you risk buying seafood that is not healthy to eat. You will need to place these oysters on ice inside your fridge once you get home to keep them at their freshest until you cook them or consume them.

You can also purchase oysters that have already been shucked, meaning that they have been removed from their shells. While these are often much more convenient to prepare, they do lose a lot of their nutrition powerhouse attributes when they are removed from their shells for too long. It is best to purchase them intact if possible, but if not, look for a container that allows you to see the product and make sure that it is packed in ice and protected.

Next time you decide that you want to make a dinner with pizzazz and one that packs all of the nutrients that you need, try adding some delicious oysters to the mix. There are so many versatile ways to prepare them and they are a fun change from the ordinary evening meals. Try using these treats with different flavors and sneaking them into your meals in new and exciting ways.

Enjoy the wonderful oyster in your meals a couple of times a week. This will allow your body to be flooded with the good nutrients that are in this wonderful food. Taking care of our bodies begins with good nutrition and including as many superfoods in our diets as possible. If you are not a big fan of oysters, keep giving them a chance until you become better acquainted with their unique flavor. You might just end up loving these little treats before you know it!

MEMORY SUPERFOOD #7 – WATER



Stay Vivacious With a Big Glass of Water

Water is essential to life and is required by our bodies for so many different functions. Since water makes up around 60% of our bodies and 70% of our brains, it is a superfood with a true purpose. Water provides padding for our joints and helps our blood to flow properly. Every system in our bodies needs water to be able to work properly, so it is no wonder that water is considered the most important superfood on the planet.

Improving Your Memory Starts With a Glass

Brain function, including memory, cannot take place without the proper amount of hydration. The brain must have energy to function and produce signals to other parts of the body. Just like other cells in the body, the brain cells must have energy to function. In a study done by Dr. Corrine Allen, it was found that brain cells need twice the amount of energy that other cells in the body need.

Water provides this energy in a faster and more productive way than any other fluid or food source on the planet. Water is needed for the brain's production of both hormones and the transmissions of neurons. In other words, without this vital nutrient, our brains just cannot function properly in any capacity and our memory and cognition will suffer.

Most people do not truly understand how much our brains are affected by water. The brain cannot store water, so it is vital that we drink up and drink often. A shriveled and dried out brain will not function at its maximum capacity like a well-hydrated brain can.

Before You Grab That Soda, Grab a Water Instead!

Most people on the planet do not get near the amount of water that they need each day. Some people never drink water at all. If the only fluids your body gets are coming from sodas, teas, and coffees, then you are starving your body and your brain of the main ingredient that it needs to function and thrive. It is like trying to run a car engine with no oil; it just does not work!

Many people do not like the taste of water; which is strange since it does not have a taste for the most part. If you are one of those people who just cannot seem to stomach a glass of water, you can try these tips to both learn to like it and sneak water into your diet without you even realizing it.

There are now tons and tons of flavors that can be added to your water with no calories. In the beginning, you may need to add these flavors in if you are used to drinking tons of soda and sweetened drinks. Try adding less and less until you are finally drinking straight water.

You can also add lemon, orange, or lime to your water for a great zing that leaves you refreshed. This is an awesome way to shake up the boring taste of water with a natural flavor enhancer that provides great nutrients as well. Believe it or not, before long, you will begin to crave the taste of water.

Water is also found in abundance in fresh fruits and vegetables. You should not rely on only this to get the full amount of water you need each day, but it can help to fill in the gaps that your drinking habits produce.

Most importantly, you should try to avoid caffeine and sugar, which both have dehydrating effects on your body. This will help you to retain that precious water that you have consumed and reduce the loss of fluids that are stored in your cells. It is important to hold on to every drop that you can to maintain the best health.

Is Water Really all the Same?

Water is everywhere; we see it in bottles for drinking, dispensers, and of course, from our faucets. Many people believe that bottled water is the safest and best choice for drinking water, but that could not be further from the truth. It is important for people to understand where their water is actually coming from and what has been added to it.

Most bottled waters are full of chemicals from the bottles themselves. They also contain

sodium and surprisingly, are often bottled from the same source that your tap water comes from. For the safest water consumption, you should first make sure that you purchase a BPA-free drinking glass or use a cup that is made from glass. Secondly, you should drink your own tap water and use a filter to filter out the chlorine.

There is no need to go and spend more money for one gallon of water than a gallon of gas costs. The bottled water industry is one that is growing rapidly and we as consumers are wrongly believing the hype that this water is somehow cleaner, safer, and better tasting than the water we have at home. Do some research and you will find the truth. A great resource is the documentary, "Tapped." This tells the truth about our water and will change how you look at this substance that should be free for everyone.

No matter what type of water you choose to drink, just make sure that you do drink. Your water consumption is not held to the same antiquated standards of drinking eight glasses a day. Now, scientists and doctors are realizing that water consumption is different for everyone and that different sizes and ages need different amounts.

While it is true that a person weighing 160 pounds needs 8 cups of water a day, someone who weighs 240 needs 12. This information is vital to understand, so that you are sure that you are getting the proper amount of water each and every day. Once you hit a deficit, it is very hard to get out of that deficit, and your body systems, especially your brain, will suffer.

CHOLESTEROL-KICKING SUPERFOODS

**SUPERFOODS
POWER** Volume 4
CHOLESTEROL

**7 Top Superfoods for Lowering
Cholesterol and Preventing
Heart Disease**



CHARLES W. JAMES

CHOLESTEROL SUPERFOOD #1 – LENTILS



Lentils are the Legumes with Muscle!

As more and more research is being done on the effects of heart disease and how it can be prevented and even reversed, doctors are seeking answers in the form of superfoods and how they can benefit heart disease. Legumes are one of those superfoods that pack a punch against cholesterol. If you have not been introduced to this tiny legume, allow this information to pique your interest.

Lentils are the Tiny Legume That is Winning the Fight Against Heart Disease

Lentils are a superfood that is full of some of the most vital nutrients for the body. Lentils are full of fiber that helps to both lower cholesterol and help the digestive tract. They contain both soluble and insoluble fiber. Many different research studies have proven that a high fiber diet helps to reduce the risks of heart disease.

A recent study that was published in the Archives of Internal Medicine stated that eating foods that are high in fiber, such as legumes, helps to prevent deadly heart disease. Those who consume at least 21 grams a day of fiber were found to have 12% less coronary heart disease and 11% less cardiovascular disease in comparison to those who consumed much

less fiber in their diets.

Not only does the fiber in lentils help with heart disease, but they are also packed with other nutrients that are helping to win the fight. They are full of both folate and magnesium. Folate helps to aid the body in lowering the levels of homocysteine, which can help to prevent heart issues.

Magnesium is a natural calcium channel blocker. When the body has an ample supply of magnesium, the arteries and veins have less resistance and the blood flow in the body is improved. This improves the delivery of oxygen and nutrients to every cell of the body.

Not only are these tiny wonders great for the heart, but they also help in blood sugar issues. They have been shown to assist the body in maintaining a normal blood sugar level in both insulin resistant types of hypoglycemia and diabetes. They help to keep the body balanced by providing a slow-burning energy source.

Along with these benefits, lentils are full of protein, with around 26%. They are also high in vitamin C and B vitamins. Along with these vitamins, they contain 8 of the essential amino acids that are needed by the body for daily performance.

How to Enjoy This Tiny Bean

Lentils may be tiny, but they are full of flavor. They work well as a side dish cooked up and seasoned perfectly. They pair well with meats, fish, and chicken as a compliment to any meal. To prepare these wonderful beans, you need to only rinse them well and remove any discolored beans. After they have been rinsed, soak them in water for a couple of hours to allow them to soften and then simmer them in water until they are nice and tender.

There are also many other ways to enjoy lentils. You can eat them mixed in with soups or they make a wonderful soup on their own. Lentil soup is a popular choice that many people enjoy just for the taste alone.

Try using lentils in different ways and make them a part of your cooking repertoire. They are an excellent way to please your taste buds and help your heart at the same time. With so many different options and types of lentils, you are sure to find a few recipes that will allow you to make lentils a part of your healthy lifestyle.

How to Choose the Best Lentils

Lentils are a legume that you will never find fresh in your produce section. They are normally found dried and can be purchased already prepackaged or bought in bulk by the pound. There are literally hundreds of varieties of lentils and they come in many different colors of red, brown, black, yellow, and orange.

They can be bought with their skins intact or removed and often come split, resembling split peas. When you are purchasing these legumes, it is important to keep a few hints in mind to make sure that you are choosing the very freshest beans.

Lentils, like all legumes, have an infinite shelf life if they are stored properly. Since there are so many different types of beans to choose from, it all boils down to finding the best quality possible. The beans should be dried and firm. Choose beans that are bright in color and are not malformed or discolored. Always purchase beans that have been packaged in clear packaging so that you can see the beans you are purchasing.

At home, keep your lentils stored in airtight containers in a dark and cool environment. Keep them away from moisture, which can cause them to rapidly spoil and even sprout. If you keep them dry and out of the light and warmth, you should be able to store them for very long periods of time with success.

Lentils are one of the least expensive foods that you can purchase. They are found throughout the year, so there is no off or on season. Purchasing these in bulk can help you to save money because they are normally cheaper when purchased by the pound.

Try looking for organic versions to ensure that you are not getting beans that are full of pesticides and other chemicals. No matter what type of lentils you purchase, make sure that you thoroughly rinse them to remove any dirt and debris.

Enjoying lentils every day can go a long way towards helping your heart and cardiovascular system to function as they should. Heart health is important for the long-term health of your body. Lentils are a great source of nutrition and they taste delicious. No matter how you decide to serve them, you will enjoy their nutty flavor and rich texture. Finding new ways to incorporate them into your diet can give you better health and vitality.

CHOLESTEROL SUPERFOOD #2 - WALNUTS



Unlock Your Heart's Potential With Walnuts

Walnuts are a superfood that helps to kick high cholesterol and heart disease to the curb. It's one of those foods that helps to reduce high cholesterol so dramatically, that doctors are recommending that people begin consuming them each day to ward off heart disease and to help improve blood flow to the heart by limiting the fatty buildup of cholesterol in the bloodstream.

Walnuts are a Delicious Treat That Sticks it to Heart Disease

Walnuts are full of tons of polyphonic compounds that help to stop the oxidation of cholesterol in the blood. This means that they help to prevent cholesterol from forming clumps in the vessels, creating hardening of the arteries. This greatly lowers the risk of heart attacks and strokes and prolongs the lives of those who have already suffered from these serious conditions.

In 2006, "The Journal of the American College of Cardiology" reported that walnuts helped in staving off the oxidation of fats that can often occur after a high-fat meal. The good fat that is found in walnuts seems to protect the body from the bad fats that are found in the other foods that we eat.

Walnuts are also full of antioxidants that help to fight against free radicals in the body. Free radicals are the cancer-producing agents in the body and form cancerous tumors if left unchecked in our systems. They also contain Vitamin E, which helps with the health of the skin and hair. It also helps to increase the hormones that are responsible for the sex drive in both males and females.

Along with its great heart and blood vessel benefits, it is also full of plant-based Omega 3 fatty acids, much like the ones found in fatty fish. This helps with so many functions in the body and provides protection for the heart and the cardiovascular system.

How to Eat Walnuts

Walnuts are delicious and meaty nuts that taste great even without any seasonings or being roasted. They can be consumed in their raw state, right out of the shell, or can be gently roasted to bring out their lovely nutty flavor. Once roasted, these nuts can be added to many dishes to add an extra flavor kick that wakes up the taste buds.

Try chopping roasted walnuts and adding them to your morning cereal or oatmeal. They will give you a burst of energy to start out your day and will fill your body with the heart-healthy benefits of lowering your bad cholesterol.

You can also use walnuts that have been pulverized to a powder to coat your meats, fish, and chicken when baking to give them a crunchy taste. This gives the feeling of a fried food without all of the artery-clogging fats.

Walnuts can be tossed with honey and added to yogurt and ice cream for a great treat. They can also be chopped up in chicken and fruit salads and put on top of traditional salads instead of fatty croutons. You can toss walnuts with berries and other fruits and even bake them for a cobbler effect. Adding nuts to different dishes can produce a great taste that livens up even the most boring of menus.

How to Choose the Freshest Walnuts

When you are purchasing walnuts, it is important that you follow these great tips to help you make the right choices. Walnuts come in many different forms. When in the shell, they are either sold by the pound or in bags. The best time to purchase walnuts in the shell is in the fall and winter when the nuts are in season. Nuts that are in the shell should remain in the shell until they are ready to be consumed, as they will last much longer and stay full of more nutrients.

Shelled walnuts come halved, whole, and chopped, and in pieces. They are normally sold in containers or bags and can be found throughout the year. It is important to note that once walnuts have been removed from their shells, they can easily become rancid. Shelled nuts should be stored in the freezer to prevent them from spoiling.

When you are purchasing nuts, to ensure that they are fresh, you must smell them. Fresh walnuts have a mildly sweet and nutty aroma. If they have a chemical smell, they have gone rancid and must be thrown out immediately. Consuming contaminated nuts can make you very ill!

Walnuts are best purchased in the fall and winter months. Nuts that are in season are normally much less expensive than they are in other months. Buying whole nuts is often less expensive than purchasing shelled nuts. Pieces are less expensive than halves, which are the most expensive out of the different types. If you can find a farmer who has walnut trees, you can sometimes gather your own at a great savings.

Make sure that you consume shelled walnuts as soon as possible. Keep them in an airtight container in a cool environment. You can place shelled walnuts in the fridge and keep them up to six months if they are sealed properly. Frozen walnuts can keep in the freezer for up to a year. Freezing allows you to purchase the nuts in bulk when they are in season so that you have them on hand throughout the year, including the off seasons.

Try adding walnuts into your diet to keep your heart healthy. You should eat about 1/4 of a cup a day of these healthy nuts and you can also benefit from adding a tablespoon of walnut oil to your food choices each day. This will not only wake up those bored taste buds, but will also wake up your heart and get it to doing its job at a much more effective rate.

By adding delicious walnuts to your menu, you are cutting your risk of heart disease and increasing your body's ability to function as it should. Enjoy those delicious walnuts as part of a healthy diet and begin to see those cholesterol numbers coming down.

CHOLESTEROL SUPERFOOD #3 – ALMONDS



Almonds are Good for the Heart and the Tastebuds Love Them

Almonds are one of the best superfoods for combating heart disease and high cholesterol. They are full of antioxidants, Vitamin E, and magnesium, making this one of the top foods in the superfood lineup. With so many benefits, the experts are urging people to consume more of these healthy nuts as a part of their everyday diet.

Almonds Attack Before We are Attacked

Almonds are full of some of the hardest working antioxidants of any other food. Antioxidants help to reduce inflammation and remove toxins and free radicals that are roaming about in our bodies. They also help to lower our bad cholesterol and raise the good, preventing heart disease, heart attacks, and strokes.

The Mayo Clinic has recently listed almonds as one of the top five foods for lowering cholesterol. In this small nut is a wonderful fighting team that is assembled and waiting to attack the bad things in our bodies that can cause disease and make us unhealthy.

Almonds are also high in Vitamin E and magnesium. Magnesium helps with blood flow through the body and is also good for the bones. Vitamin E is great for the skin and the hair and increases the sex hormones in both men and women, thus increasing the sex drive and providing a better state of mind and well-being.

In a study conducted by The American Heart Association Journal, almonds were shown to provide reduction of bad cholesterol by one percent for each 7.3 grams of the nut that is consumed per day. In the study, people were given almonds every day as a part of their diet. In only one month, LDL levels were lowered by fifteen percent. That is something to think about!

How to Eat Almonds

Almonds have a sweet and buttery taste that provides for a wonderful pairing with many different types of foods. These nuts can be ground into almond butter for sandwiches, bagels, and crackers. They can also be made into milk for those who are lactose intolerant or are avoiding milk because of its effects on health. Almond milk is great with cereal and fruit and most people cannot even tell they are not drinking milk.

Almonds are great in salads and mixed in with fruit and yogurts. They can be roasted with a little honey to add a sweet and crunchy glaze. These glazed nuts taste delicious in sundaes and in oatmeal. They can also be used to top fruits in cobblers and other desserts.

When all else fails, almonds are great simply as they are. They do not need salt or other added ingredients to give them flavor. They work well on their own. Try grabbing a handful on your way to the office or as an afternoon pick-me-up snack. You will be amazed at how much energy they can give you.

Another great tip is to crush the almonds into a powder and coat your fish or chicken. You can then bake the chicken for a great fried taste without the mess and without the high amounts of fat. This provides the nice crunch that frying gives and adds a nutty flavor that compliments the fish or chicken nicely.

Choose the Best Almonds for Both Taste and Nutrients

Almonds can be purchased in the shell and are at their freshest in this form. When you are purchasing almonds, there are a few simple tips that can help you to choose the very freshest nuts that are packed full of nutrients and flavor.

When choosing nuts that are still in their shells, you should first shake the nut. If you hear the nut rattling inside the shell, then it is most likely either spoiled or malformed. A healthy nut should fill the shell and will not rattle very much when shaken.

Whole almonds should be kept in the shell until just before they are needed. This will keep them at their peak and will help them to retain all of those important nutrients that make them a superfood. When you are slicing the almond, you should look for a uniform milky white meat. If there is any yellowing or a honeycomb-like texture to the inside of the nut, then it is going bad and should be tossed in the trash.

Natural almonds can be stored in airtight containers in a cool and dark place for up to two years. Roasted almonds can be stored with the exact same method for up to a year. To maintain the very best in freshness, almonds should be stored in the fridge or freezer, as the oils in the nuts can become rancid and will make you ill if they are consumed in that state.

Almonds are less expensive in the fall months, when they are in season. You can purchase them during these months in bulk and freeze the excess to have them available all year long, even in the off season months.

Almonds can also be purchased sliced, chopped, and in pieces. As a general rule, whole almonds are more expensive than slivers or pieces. Once the package is opened at home, they should be refrigerated or stored in the freezer for longer life.

With all of the health benefits that these nuts offer, it is no wonder that doctors are urging their patients to consume more. Almonds are a special nut that offers so much in the way of heart protection and disease fighting ability. These slightly sweet nuts taste great too and can be paired with so many different food choices.

As part of a healthy lifestyle, they can go a long way towards increased health and energy, helping the body to fight disease. Next time you pass by that package of almonds in the grocery store, make sure you reach for a bag. They are a great treat and will treat your body to the nutrients it so desperately needs.

CHOLESTEROL SUPERFOOD #4 – SARDINES



Sardines are Little Fish Full of Benefits

Sardines are a tiny fish that we often see packaged in those small, rectangular cans. You may have thought about purchasing these tiny fish, but heard bad things about them and decided against it. While sardines are often given a bad rap, they are truly a fish with a purpose. Sardines are packed with the Omega 3 fatty acid, making them heart-healthy and dense with nutrition.

Sardines Can Change Your Diet Along With Your Palate

Sardines are one of the most wonderful fish on the planet. While decreasing in popularity, they still remain a healthy choice and one that is now being given the title of superfood. As researchers continue to study this great fish and learn more about its healthful benefits, more people are taking notice and incorporating the fish into their menus.

Packed with nutrients like Omega 3, they help to increase blood flow to the heart and decrease bad cholesterol. This goes a long way towards preventing heart diseases and high cholesterol, which in turn staves off heart attacks and strokes. Sardines are the second highest food containing Vitamin B12 and they are also abundant in protein, calcium, and vitamin D. When they are consumed with the bones, they are full of even greater amounts of bone-building calcium and Vitamin D.

Consuming sardines as part of a healthy diet has shown great results in reducing the amount of plaque that is found in the arteries. The good fats in this small fish help to

ward off the bad fats that are found in today's diets. Experts are giving great advice when they say to consume more Omega 3 fatty acids. This fish is full of them and, much like salmon, can be a true help to people who need to increase their heart health.

How to Eat Sardines and Love Them

Sardines truly are a misunderstood fish. Back in the days of canneries, they were a popular food that provided great nutrition for those who could not afford meats and other delicacies. From their humble beginnings, sardines have continued to decline in popularity in the United States, while rising in popularity in European countries.

Many people are turned off of the fish because of the bones. The thought of eating fish bones tends to be an unwelcome experience. If you have never tried sardines, you might just be surprised at how very soft these bones are. They are nothing like the harder and sharper bones of other fish varieties and actually provide great taste and texture to the fish.

To enjoy sardines, it is important to mix them with complimenting flavors. Today, you can find canned sardines in all types of different sauces and flavors. From tomato sauce, to garlic, and everything in between, sardines have come a long way in the factor of taste.

This fish tastes great when sautéed in stir-frys or chopped up in pasta dishes. They go great with pizza and other Italian foods and, when used in moderation, add a nice taste to the dish without an overwhelming fishy flavor.

You can even make a great dressing by using finely chopped sardines. Much like anchovies, they can be finely chopped and mingled with vinegar, olive oil, and spices to create a wonderful dressing for salads or a marinade for meats, fish, and chicken. The sardines provide a salty taste that gives a great earthy tone to any dish.

There are so many ways to enjoy this great fish, so try mixing them in with your current recipes or try something new altogether. You might just be surprised at how much you like this miniscule fish in your foods.

How to Purchase Sardines the Right Way

Unless you live near a fish market, you may have a difficult time finding fresh sardines. If you are lucky enough to encounter these delights in your local fish market, you should keep a few things in mind before making your purchase.

Make sure that you are purchasing fish that is on ice. If the fish is not on ice, there is a great potential for spoilage. The ice should be nice and clean and should not be yellowed or dirty looking. You should also ask to look at the fish up close. The eye of the fish should not be cloudy or sunken in. If you see either of these two signs, this means that the

fish is not fresh and should not be consumed.

The scales should be intact and the fish should feel smooth and firm. If the fish feels slimy or has a bad odor, do not purchase the fish. You can become extremely ill from consuming spoiled fish. This can cause stomach upset and severe illness.

Most consumers are stuck with purchasing sardines in the can or frozen form. Both forms are healthy and while canning does include processing, there are ways to purchase the best fish even in a can. Make sure that you read the ingredients and that no artificial ingredients have been added. The can should say minimally processed.

Next to fresh, frozen sardines are the best choice as they are still in a basically unprocessed state. Make sure that the sardines you are buying are still within their freshness date and that they are completely frozen. Keep them in the freezer and thaw them in the fridge before you plan to use them in cooking.

Sardines truly are a wonderful food that does not get near the credit it deserves. Not only does this fish help to fight heart disease and protect the body, but it also tastes delicious when it is served as part of a meal. Try introducing them slowly into your diet a little at a time. When mixed with other foods and in recipes, they truly add to the taste and do not monopolize it. Be adventurous and give this fish a chance; you might just be surprised at how much you really enjoy them.

CHOLESTEROL SUPERFOOD #5 – PRUNES



Prunes: Not Just for Seniors Anymore!

Remember when your grandmother had you drink prune juice to get rid of your constipation? Unfortunately, that is how most of us end up being introduced to the dried plum. While prunes do aid in relieving constipation, they are so much more than they are given credit for. Prunes contain antioxidants that fight against the free radicals in our bodies which make us age faster, give us heart disease, and other diseases like cancer. Prunes are a wonderful superfood that often get overlooked in our quests for health.

Grandma Was Right!

Prunes are one of the best superfoods in the world. They are full of antioxidants that promote cell growth and remove harmful toxins in our bodies. In a study done by Tuft University, prunes were ranked number one in terms of their antioxidant capability. They ranked higher than both blueberries and raisins.

Through their antioxidant powers, they are able to stop the progression of the hardening of the arteries and increase the blood flow to the heart, thereby increasing its effective pumping. They also help to lower bad cholesterol and prevent the oxidation of fats in the bloodstream, stopping plaque from forming in the arteries.

They also have been found to dramatically reverse osteoporosis, a debilitating bone disease that zaps the bones of calcium and leads to frail bones that easily break. In a study conducted by Florida State University, women were instructed to eat 100 grams of prunes per day. In only three short months, they all had improved bone growth markers. They

found a link to these benefits in the Boron found in prunes that has been shown to reduce the effects of the disease.

And yes, Grandma was correct; prunes do hold the amazing ability of relieving and preventing constipation. These tasty gems are filled with protein, which stays in the intestines and colon and absorbs water, producing a softer stool that is easier to pass out of the body. Prunes also contain sorbitol, which has been proven to increase the flow of the bowels so that digested foods do not become clogged in the bowels, leading to constipation.

Introduce Prunes Into Your Diet and Introduce a World of Flavor

While the word prunes often leads us to think of older people with these innocuous little bowls of steamed prunes sitting before them, they truly are much better than they appear. Prunes are simply plums that have been dried. When dried, they take on a much sweeter and more intense flavor than the ordinary plum provides.

Prunes are great-tasting right out of the package. They have a plump texture that is juicier than your average dried fruits. The sweet taste almost gives them a candy consistency that works well in many different forms and recipes.

Prunes can be placed into boiling water to plump them up and give them a softer texture. They are wonderful when paired with yogurts and ice cream and work well in almost any dessert.

They can also be spread on toast or bagels, much like a jam, and go great with a dollop of cream cheese. They can be ground up into smoothies and fruit juices for a powerful antioxidant kick. Prunes are also great with savory foods and can be incorporated in many different ways.

As a sauce, they provide a sweet and tangy flavor to meat, fish, and chicken dishes. They are also wonderful in stir-fry, providing that background tang that gives a subtle flavor boost to an ordinary dish. There are so many ways that this great food can be introduced and used in your diet. Try experimenting with all of the different possibilities to see what works best for you.

Purchasing Prunes Verses Creating Your Own

Prunes are the dried fruit of the plum and are actually easy to make yourself. If you have a food dehydrator, this makes the job much simpler. If not, you can use your oven. All you need to do is to remove the seed from the fruit and make sure that it is washed and dried. Line a pan with parchment paper and set your dehydrator to the recommended manufacturer settings.

If you are using your oven, set it at the lowest temperature and leave the oven door slightly ajar so that any moisture can escape. The prunes are done once they have decreased to a fourth of the size they were and no juices run out. Allow the prunes to cool thoroughly before you package them for storage.

Prunes are available in most grocery stores and are packed in bags or containers, with some being individually wrapped. Once a package of prunes has been opened, it should be stored in the fridge to prolong its life. Refrigerated prunes keep well for up to six months as long as they are tightly sealed.

When choosing prunes, make sure that they are plump and slightly sticky. If the prunes are slimy or have a chemical odor, discard them and do not consume them. They can go bad if left out, even though their moisture content is low. Careful storage will keep them fresh and full of the good nutrients that they are known for.

Prunes are a superfood that are packed with energy and all of the good things that keep our hearts and entire cardiovascular systems running at an optimized level. They are wonderful for osteoporosis patients and provide a great remedy for digestive ailments by keeping the digestive system running at peak performance. Not only do they do all of these great wonders in the body, but they really do have a great flavor.

As you add them into your diet, you will notice that your body is functioning better and that you feel more energetic. To reap the most benefit, try pairing them with other superfoods to increase the great effects in the body. Stop thinking of prunes as your grandmother's food and start embracing them as the powerhouses of nutrition that they really are!

CHOLESTEROL SUPERFOOD #6 – BLUEBERRIES



What Makes Blueberries So Super!

Blueberries are a wonderful superfood that hales from the United States. This tiny berry has long been overlooked by nutritionists because it does not have the amounts of Vitamin C that other berries do. What this berry is lacking in Vitamin C, it more than makes up for in antioxidants. Antioxidants have been proven to stop free radicals and reduce their effects in the body.

Blueberries Make up For Their Size in the Benefits They Contain

The sweet and tangy blueberry is a small berry that packs some of the best health benefits on the planet. Full of antioxidants, it stops free radicals in their tracks, promoting the rise in good cholesterol and a drop in the bad. The antioxidants in blueberries have been proven to help prevent heart disease and even slow its progression and to help with type 2 diabetes.

Researchers from the USDA have located a compound in the berry called pterostilbene that is responsible for the wonderful benefits to the heart and with type 2 diabetes. Not only is this compound working towards lessening these two diseases, but it is also working in the fight against obesity, one of the biggest killers of people in the United States.

Blueberries are full of phytonutrients that help the cells to work with one another and remove the toxins that are present in our bodies. This helps to prevent cancerous growths

and other diseases that can occur due to toxin levels in the body. Along with this benefit, they contain Vitamin E and Vitamin C. Vitamin E is instrumental in providing health to the skin and hair, while Vitamin C helps with the heart and immunity.

Along with the other benefits, blueberries are packed with fiber which helps to regulate the digestive tract and keep the stool moving through the colon. Fiber stays within the digestive tract and fills with water as it passes through the system. This adds moisture to the stools, preventing them from becoming blocked inside the intestines, which allows toxins to build up in the digestive tract.

A Blueberry a Day Keeps the Doctor Away!

Blueberries are a wonderfully sweet and somewhat tart berry that have a mild flavor that works well with other berries and in many different dishes. Blueberries are wonderful in smoothies, shakes, and juices and provide a nice tang to any dairy product.

They are great mixed in with morning cereal, oatmeal, or yogurt. They help you start your day with energy and the fiber that keeps you full throughout the morning. These berries are also great in salads. Try mixing up a traditional garden salad and slicing some strawberries and blueberries on top. Surprisingly, this provides a great taste that even kids enjoy.

Blueberries are great when they are eaten alone. You can wash them and eat them just as they are or with a drizzle of raw honey to sweeten them up. These sweet berries are great when they are paired with bananas and the two seem to compliment the flavors of one another nicely.

With so many exciting ways to incorporate this wonderful superfood into your diet, the possibilities are endless. Try them in your dressings, salads, and fruit bowls. Eat them in the morning, at lunch, or for an afternoon snack. They provide so much taste that you will want to eat them all the time.

How to Choose the Best Berries

When you are shopping for berries or picking your own, it is important to know how to look for the ripest and sweetest berries. There are hints that you can look for to ensure that you are choosing the very best berries for the most impact on your health.

When picking berries, never pick them if they are white or green. Once picked in these stages, they will never ripen or turn blue. You should also never pick berries that have even the slightest reddish tinged skin, as these will be under ripe and have a bitter or sour taste.

The best blueberries should be plump and have a dark bluish/grayish color. They should be nice and firm and not shriveled in any way. Generally, the larger the blueberry the sweeter it will taste, but this is not always the case.

If you are purchasing blueberries from the store, open up the container and smell them. If they have any chemical smell, do not purchase them. You should also make sure that all of the berries appear ripe and that there is no white mold in the container.

Look at the bottom of the container and make sure that there is no juice leaking out. If you see juice in the bottom, this means that the fruit has been damaged in some way and that it will spoil much faster. Once you are pleased with the berries you are purchasing, be careful to make sure that the ride home does not create any damage to the fruit.

At home, you should not wash the berries until you are ready to eat them. Washing them will add water to them, which will promote bacterial growth and spoilage. To store them properly, you should place them in a paper towel-lined colander. They should keep nicely in the fridge for a couple of days, but should be consumed as soon as possible since berries lose their nutrients and vitality quickly.

Try adding these wonderful berries to your diet as much as possible. Eat them by the handful or in accompaniment with other foods. They help so much towards providing better heart health and can help in the fight against diabetes and obesity. With so many wonderful nutrients and benefits, it is no wonder that this tiny berry is considered one of the top superfoods in the world.

To increase their potent benefits, pair them with other superfoods that have similar qualities. You can't go wrong with a healthy diet full of superfoods.

CHOLESTEROL SUPERFOOD #7 – AVOCADOS



Avocados: The Buttery Green Wonder

Avocados are a fruit that are enjoyed in many Mexican dishes and in all sorts of other recipes and forms. They are packed with wonderful nutrients, such as mono and polyunsaturated fats that help to reduce the bad LDL cholesterol and raise the good. By reducing cholesterol levels, this reduces the risk of clogged arteries which lead to heart disease.

The Unassuming Fruit That Kicks Heart Disease

Avocados are a fruit on a mission, seeking out the bad fats and cholesterol in our bodies and helping to raise the good. They help to fight heart disease by removing these fats and stopping them from building up in the arteries. This helps to stop heart disease, heart attacks, and strokes. The American Heart Association recommends that people consume fruits and vegetables that contain these good fats in moderation to reduce the problems that occur with bad fats.

Not only are avocados full of good fats, they are also the highest in Folate of any other food their size. Folate is crucial in cell growth and is especially important for pregnant women and children who both have rapid cell growth and division taking place in their bodies.

These fruits are also full of fiber, which helps the digestive tract to do its job much more effectively. It helps to prevent constipation and a slow movement in the intestines by filling the digestive tract with fiber, which absorbs water and increases moisture in the

stool. This helps to prevent constipation and keeps things flowing normally.

Avocados are also full of potassium, which regulates the heart rate and blood pressure; magnesium, which helps with bone growth; and Vitamin E, which helps with the health of the skin and hair and also encourages hormone production in both men and women.

Avocados in Your Diet Produce Delightful Results

Avocados are great in many different ways. Even though they are considered a fruit, they do not have a fruity taste. The taste of an avocado is considered buttery and mild. The creamy texture makes them great in sauces and dressings. They can be easily blended with oil and spices to create a great dressing for salads. They are also delicious as sauce to go over fish or chicken.

Avocados are the perfect accompaniment to salads. They can be diced and added to garden salads and are also great sliced on sandwiches and burgers. This fruit goes great in salsas on tacos and in the famous dip called guacamole. There is nothing like the taste of fresh guacamole and baked chips!

Avocados can also be blended into smoothies. They blend well with other fruits and make the texture of shakes and smoothies even more smooth and silky. They help to thicken these great drinks, creating a nice feel to the tasty treat.

Along with these methods of preparation, they are also wonderful simply diced with salt and pepper and a spritz of fresh lemon or lime juice. This provides a great side dish for fish or chicken and compliments the flavor of almost any dish.

How to Choose the Perfect Green and Bumpy Fruit

When you are shopping for an avocado, there are a few pointers that you should keep in mind to ensure that you get the very freshest fruit and one that will give you the most health benefits. Avocados come in two different varieties. The dark greenish black variety is the Hass avocado and is grown in California. The West Indian avocado is light green and grown in Florida.

The main difference in the two is that the Florida avocado is bigger and juicier than the Hass. The Hass has a higher fat content, making it a great choice for dressings, sauces, and dips. When choosing either type, you should first look over the skin to make sure that you do not see any blemishes or soft spots.

Then, you should gently press your finger against the skin. Do not push hard and damage the fruit. If the fruit gives way slightly and leaves a small indentation where your finger pressed, then it is ripe and ready to eat. If it does not, you can still purchase it, but you will need to ripen it in a paper bag for a couple of days to soften the texture and make it

ready for use.

Avocados should be firm and heavy for their size. When you cut them, you should not see separation around the seed or the skin. If you do, this can be a sign that your avocado is going bad. Avocados oxidize in the air once they have been cut. They will turn an unsightly brownish color, making them look less desirable to eat.

You can combat the oxidation process in one of two ways. The first way is less effective, but has been the old standby for years. Spritz the juice of a lemon or lime over the avocado and mix it up well to stop the process. This is somewhat effective if you plan on eating the avocado right away.

There is a wonderful trick that you can use that works even better and you do not have to add a citrus element. When you cut up or mash the avocado, make sure that you put the seed in the container that the avocado is in. The seed has antioxidants in it that will prevent the fruit from browning. It will stay a nice and creamy green color until you are ready to serve it.

Avocados truly are a miracle superfood. They help the body to fight against heart disease and provide vitamins and nutrients that the body systems need. Along with their great health benefits, they have a wonderful and unique taste that goes well with many foods.

IBS-KICKING SUPERFOODS

**SUPERFOODS
POWER** Volume 5
I.B.S

**7 Top Superfoods To Manage Your
Irritable Bowel Syndrome**



CHARLES W. JAMES

IBS SUPERFOOD #1 – HOMEMADE YOGURT



Homemade Yogurt: The Dairy Treat That is Key to Digestive Health

For those that have the burden of IBS, it can be a constant battle trying to decide how to treat the changing symptoms that IBS brings. At times, you are forced into isolation with painful diarrhea and cramps and at other times, you cannot go to the bathroom at all. The symptoms of IBS can be greatly reduced through the miracle probiotics that can be found in homemade yogurt. This superfood is making great strides to help IBS sufferers everywhere!

Homemade Yogurt Can Change Your Digestive Health!

For IBS sufferers, dairy products are often a problem. Lactose in milk causes the symptoms of IBS to become even more pronounced, causing painful cramping, diarrhea, and constipation. With commercial yogurts, the fermentation process is never allowed to

continue long enough to eat up all of the lactose. Along with that issue, commercial yogurt is not allowed to grow as much of the helpful bacteria that is needed to help IBS.

Homemade yogurt is full of healthful bacteria in the form of probiotics. Probiotics help to maintain the natural flora of bacteria in the digestive system, which aids in digestion and keeps the bowels moving along as they should. These good bacteria, called *Streptococcus thermophilus* and *Lactobacillus bulgaricus*, remove the bad bacteria from the digestive tract, improving the overall health of the digestive system.

In commercial yogurts, these bacteria are often destroyed in the pasteurization process, offering no help at all for IBS. It is important to maintain the good bacteria in the digestive system, this is even more important in IBS, because the system is already compromised through episodes of chronic diarrhea, which depletes nutrients and chronic constipation, which allows harmful bacteria to thrive.

How to Eat Your Yummy Yogurt

Yogurt is a delicious treat that gives the mouth that creamy feel, while allowing for different taste combinations. Yogurt can be used in both sweet and savory dishes and tastes amazingly well when it is your own creation.

Yogurt has always been a great breakfast option. You can have it with fruit and eggs for a balanced meal that provides plenty of energy to help you through your busy morning. Yogurt also goes great in smoothies and it is a quick way to grab a breakfast and enjoy it on the go. Try mixing in different fruits and fruit juices along with your rich and creamy homemade yogurt, and you have a breakfast shake that is fit for a king!

On the savory side of things, you can easily mix yogurt in as a salad dressing or as a veggie dip. Homemade yogurt can be used in place of sour cream in any recipe. It provides a great topping on paleo tacos or paleo nachos and can even be used as a marinade for fish. Yogurt can also be mixed in with your baked goods recipes to create

moist and delicious outcomes. There is truly no limit on the amount of uses for homemade yogurt. Whether enjoyed with a meal or as a great snack, yogurt provides many different delicious options.

How to Make Your Own Homemade Yogurt With Ease

Buying yogurt is normally not an option for the IBS sufferer. While it is possible to purchase lactose-free yogurts, they do not have all of the beneficial bacteria that making your own provides. Besides that, it is just a really fun process and tastes so much better than store bought.

With yogurt being so simple to make, you will never want to purchase store bought again. It really is that much better! All you need is a pot, full-fat milk, two tablespoons of store bought yogurt with active live cultures, and honey. You can find recipes online that will tell you step-by-step how to make the yogurt. It only takes a few hours for the fermentation process, but the longer you leave it, the thicker and tangier it will become.

This yogurt is full of nutritional benefits that far outweigh the time spent making it. As you make your yogurt, you will notice that it begins to smell cheesy and you may see a greenish liquid forming on the top. This is exactly what you want to see happening and means that the millions of bacteria from your starter yogurt are multiplying by the billions and creating your yogurt.

After at least 10 hours (24 hours is best to make sure all lactose has disappeared), you must refrigerate the yogurt and it will keep in the fridge for up to two weeks. If you plan on making yogurt from this batch of yogurt, you should use some of it within a week so that the bacteria are still alive and able to reproduce. Using this method is just as easy as using a yogurt maker, but commercial yogurt makers are available. They range from as little as \$20 to much more, depending on the features that you are looking for.

After your yogurt has been created and completely cooled in the fridge, you can mix in

all sorts of fruits and even honey. This yogurt will not be as thick as you are used to with store bought yogurts, because it does not contain gelatin. If you would like your yogurt a little thicker, you can stir in powdered milk after you have boiled your milk and before you have added the live yogurt cultures in.

Suffering from IBS can be a lonely condition. It is one that most people do not want to talk about and it often feels hopeless, knowing that there is no cure for the condition. While a medical cure is not yet available, diet can greatly control the symptoms of IBS. Pairing the homemade yogurt superfood with other helpful superfoods can make a world of a difference for the symptoms.

Try making your own yogurt today. It is a fun science experiment that you can involve your children in and it feels great knowing that you have made your own and that you know exactly what has been put into the mix. Add yogurt into your diet and begin to see quick results that leave you feeling better than ever.

IBS SUPERFOOD #2 – FENNEL



Fennel Curbs Those Cramps and Stops Your Pain

For people who suffer with the painful and embarrassing condition of IBS, it can be difficult to deal with the constant plethora of symptoms that IBS throws at its victims. From gas pain and bloating to constipation and diarrhea, IBS sufferers run through the gamut of stomach afflictions. Fennel has been known as a superfood for some time, and its benefits to IBS are making the world stand up and take notice.

Stop That Gas With a Blast of Fennel

Fennel is one of those foods that you walk past in the grocery store, yet never really pay it any attention. While most people have heard of fennel, many people have never tried it and really do not even know what it is. Fennel is a mildly sweet plant that has slight

licorice undertones. It sounds like something that one would enjoy only in a restaurant, but as more people realize its superfood qualities, it is becoming a part of mainstream cooking.

Fennel contains key attributes that have been used for many years in treating stomach and digestive disorders, including IBS. Fennel contains an ingredient that works well as an anti-spasmodic. It calms and soothes the digestive tract, stopping bouts of both diarrhea and constipation.

Fennel also helps with the painful bloating from gas and the cramps that are associated with IBS. It helps to increase absorption of the nutrients from the foods you eat and aids in digestion by increasing the digestive enzymes that are present in the digestive tract. Fennel tea has been used for generations to aid people who suffer from all sorts of digestive problems, and they truly get great results from this miracle bulb plant.

How to Eat This Strange Plant

Fennel is a food that blends in nicely with so many dishes. Its mild flavor does not overwhelm the dish and allows the other flavors to shine through, while complementing them with its sweet, licorice taste.

Fennel is great eaten raw or cooked and provides distinctly different taste experiences in each form. When sliced raw and lightly salted, it goes well with dips and ranch dressing. In its raw form, it is crisp and refreshing, much like celery.

When it is cooked, it takes on a mellow sweetness, much like the onion does when it is allowed to slowly caramelize. Fennel goes great in stews and pairs well with winter vegetables. Try mixing it in with your leeks, carrots, and onions. It also works well when finely sliced in stir-frys and even in soups. Many people enjoy using fennel hand-in-hand with onions, because they seem to complement one another so well.

The entire fennel can be used, from the grassy and dill-like fronds to its white, onion-like bulb. Most people use the bulb portion, but the fronds can be used over fish while it is baking to give it a nice flavor and keep it moist while it bakes. The stalks are a little woodier than the bulb, but provide a nice crunch when diced in salads and soften up greatly when it is sautéed.

Fennel can be made into a great tea that can be sipped for those who suffer from the ailments of IBS. To make the tea, you only need to crush some fennel seeds. These can be purchased in your spice aisle at most grocery stores. After crushing the seeds, boil them in water for a few minutes, until you begin to smell the licorice scent. Strain out the seeds and allow the tea to slightly cool before you begin to sip it. This will help your stomach tremendously and it tastes good too!

How to Purchase the Perfect Bulb

Purchasing fennel is not difficult, but it is often more difficult to find than some other vegetables. Fennel is in season in the summer and autumn months. During the winter, you are less likely to find it, but you may see some that has been imported. You can purchase fennel in bulk during the in-season periods, as it freezes well and can be cooked into dishes and frozen for meals.

When purchasing fennel, there are few things to keep in mind. The fennel plant looks very much like celery, but it has prawns at the top that resemble dill. At the bottom of the fennel plant, you will find a white bulb that looks much like an onion.

First, you will need to thoroughly examine the fennel. The prawns should be a bright green and should have very little to no wilting. The stalk should be firm and a pale green, much like you see when purchasing celery.

At the bulb end, you should see a very bright white bulb with no marks or bruises. The bulb should feel heavy for its size and the cut end at the bottom should look fresh and moist with very little to no browning.

If you see any marks or the cut end looks too brown, do not purchase the fennel, as it is past its prime. Fresh fennel should smell nice and like fresh licorice. It should not have a chemical smell at all. Choosing the freshest possible fennel will help your stomach issues even more.

At home, fennel should be stored in the crisper drawer of your fridge. Ideally, you should consume the fennel within a few days of purchase. If you find that you are not going to be able to eat it before it spoils, you can dice it or slice it and freeze it for six to eight months. This means that you can have fennel all year long.

Next time you pass by that funny looking plant in the produce department, why not take it home and try out its benefits?

IBS SUPERFOOD #3 – RIPE BANANAS



When Tummy Troubles Abound, Ripe Bananas Can Help!

For those who suffer with IBS, it can be a constant battle trying to regulate the bouts of both constipation and diarrhea. People are often left in an agonizing position of not knowing which ailment they will suffer with next. There is a natural remedy that can help with both sides of the coin of IBS and it starts with the common banana. Bananas are full of many different nutrients and one key ingredient that fights the infirmities of IBS.

Bananas are a Nice Weapon Against IBS

With the bouts of both constipation and diarrhea, it can be difficult to treat IBS. Diet can play a huge role in how IBS sufferers are able to deal with their condition. One of the best foods to eat comes in the form of a superfood known as the banana. Bananas are able to help things get flowing when constipation is going on and slow things down when diarrhea strikes. It is truly amazing what this piece of fruit can do.

Bananas are full of soluble fiber, one of the most important ingredients in maintaining a healthy digestive tract. Fiber stays throughout the intestines and colon and picks up water that is passed along the digestive tract. In filling with water, the fiber relieves the constipation portion of IBS, by putting more water into the stool and preventing constipation issues.

On the other hand, the fiber in bananas also helps diarrhea. It bulks up the loose stools

that occur during bouts of diarrhea, so that the IBS sufferer is able to find some relief from the painful conditions of diarrhea and stomach cramps. This one two punch system of the banana is truly remarkable.

Along with helping people who suffer from IBS, the banana is full of potassium, which helps to regulate the heart rate and the blood pressure. This, along with a healthy diet, can promote heart health and prevent conditions such as high blood pressure. One banana contains 11% of the potassium that our bodies need each day.

Along with potassium, bananas are a good source of vitamin C, containing around 15% of this needed vitamin. Vitamin C helps with the immune system, allowing the body to fight off bacteria and other threats that can make us ill with everything from the common cold to much more serious afflictions.

How to Eat Bananas: A Banana a Day Can Keep IBS Away!

Bananas come in their own carrying case and are easy to eat in just about any situation. They are perfectly sweet and delicious just as they are. Bananas can be enjoyed on the go and just about any time of day. At breakfast, they provide a perfectly nutritional energy starter and at other times of the day, they are a great snack when your energy is running low.

A great way to enjoy bananas is in a thick smoothie. Try freezing your bananas and then adding them in the blender with orange juice and other fruits like berries for a satisfyingly sweet breakfast treat. Other breakfast ideas include sliced bananas and homemade yogurt or paleo banana nut muffins.

Since the banana is so naturally sweet, it does well in baking. This cuts down on the amount of sugar that is needed in a recipe, making it healthier.

How to Choose the Perfect Banana

When you are choosing bananas, it is best to buy them according to how you will be using them. If you plan on consuming the bananas right away, you should opt for the ripest bananas that you can find. They may be starting to get brown spots on the outside, but this does not mean that they are spoiled. The sweetest bananas often look pretty ugly on the outside.

If you will be consuming the bananas within a few days, it is best to purchase them mostly green. Unlike some fruits, bananas will continue to ripen once they have been cut from the tree. They ripen well on the kitchen counter, but should be placed in an area that will keep them protected from bruising. If the bananas are placed close to apples, they will ripen at a much faster rate.

If you find that a banana has become too mushy and is just too far past its prime to eat, you can always slice them and place them in a freezer bag in the freezer to use in baked goods. This is a great way to save those bananas that would otherwise be thrown into the trash.

It is important, especially to IBS sufferers, to never consume under-ripe bananas. If the banana is not soft, sweet, or has a chalky type of taste, do not eat it. It will cause painful stomach cramps and the onset of diarrhea even in individuals who do not suffer from the condition. Always eat bananas that are fully ripe and soft. This will provide the best benefit to your IBS symptoms.

No matter that time of the day you choose to enjoy this delicious fruity treat, you are sure to enjoy both the great taste and the wonderful health benefits that they offer. Since bananas are such a versatile fruit and so convenient, with very little mess, they are easy to enjoy anywhere and even on the go.

Most experts recommend that IBS sufferers consume 1-2 bananas a day, along with other fiber-rich foods, to ward off the symptoms of their condition. Try enjoying them in different ways and in different forms to get the most taste satisfaction.

IBS SUPERFOOD #4 - GINGER



Ginger Provides a Calm to the Storm of IBS

Ginger is one of the foods that is helping IBS symptoms in a major way. It is a superfood that contains ingredients that can stop IBS attacks and other digestive issues.

Ginger Soothes the Stomach During an Attack

Ginger has been used for centuries to calm the stomach and digestive system during bouts of diarrhea, nausea, and constipation. Sipping gingerale during an attack of nausea can truly help to settle the stomach and stop the queasiness. Ginger has a wonderful anti-spasmodic effect that allows it to aid in stomach issues, such as IBS.

The anti-spasmodic component helps to relax the stomach muscles and sooth the digestive tract, keeping up the flow of food, but now allowing diarrhea to empty the bowels too quickly, which can cause malabsorption. Ginger also has the capability to reduce inflammation. When it is in the digestive tract, it reduces swelling and inflammation and even has pain-relieving properties that can remedy painful stomach cramps.

Ginger also helps to regulate the digestive enzymes, providing for better absorption of nutrients and better digestion of food particles through the body. This helps in preventing constipation, because the food is digested well and all of the possible nutrients are able to be absorbed, leaving behind only the fiber and byproducts from the foods.

How to Eat Ginger and Enjoy the Bite That it Gives to Food

Ginger is an often misunderstood food. It can be spicy or it can be mellow and everything in between. Ginger is often associated with Asian cooking and rightly so, as the Asians have been using ginger as a health remedy for over 2,000 years. Ginger comes in so many different forms and can change flavors, depending on how it is used.

Fresh ginger comes in a strange looking package, as it is a root. It has a bark-like outer skin that is normally removed for most ginger uses. The root is brown on the outside and a very pale yellow on the inside. Ginger can be sliced or grated into many different dishes and it works well with both savory and sweet choices.

The sweet side of ginger can certainly be found in the candied form of the root. Ginger pieces can be candied in honey and taste like candy. These pieces can be chewed on when IBS symptoms are taking place and can also be chewed as a preventative after each meal to help prevent symptoms. Do not buy ginger candies as they are commercially prepared with table sugar. Ginger also works wonderfully in sweet dishes. When paired with pumpkin, it provides that pumpkin pie flavor of the holidays. It also works well in other desserts.

Ginger works well in many different types of foods, especially those with an Asian flare. Stir-frys hold to the flavor of Ginger quite well. When you are cooking with ginger, it is important to use it sparingly if you are using fresh. This potent ingredient can quickly take over the flavor of a dish if you are not careful.

In place of fresh ginger, powdered, crystallized, and homemade candied versions can be used. All of these forms of ginger can be beneficial to the digestive system. Each of these can be used to make an herbal tea that is quite relaxing to the battered digestive system of the IBS sufferer.

How to Choose the Perfect Ginger to Disrupt Your Tummy Troubles

When you are purchasing ginger in its fresh form, there are a few things that you can keep in mind to make sure that you purchase the absolute best. Since ginger looks rather strange, it can be difficult to figure out if it is fresh or not. When you are examining fresh ginger, you should see a tightly-formed root that is knotty and completely covered in the brown outer skin. The papery skin should be thick enough to cover the inside root and there should be no major blemishes.

Since ginger is often cut into pieces, you may see that the cut end has browned over. This does not mean that the ginger has gone bad, but just that you need to remove that slice before using it. When you pick up the ginger, it should feel heavier than it looks for its size and it should have a nice gingery aroma.

Once you have your ginger at home, there are several ways that you can store it to

maximize its shelf-life. Many people peel their ginger and then freeze the pieces in a freezer bag. The ginger can be grated fresh from the freezer and is even easier to grate because it is so hard.

You can also wrap your ginger root in a slightly damp paper towel and place it in the fridge crisper drawer. This can keep for several weeks, but the paper towel should be changed at least once a week. Ginger can also be ground up in a food processor and made into a thick paste that can be stored in the fridge and easily added to dishes.

No matter what type of ginger you prefer to use or how you work it into your diet, make sure that you do keep it on hand. It is truly a miracle-working ingredient that can help ease the painful symptoms of IBS.

IBS SUPERFOOD #5 – MINT



A Mint After a Meal = A Save for IBS Sufferers

For hundreds of years, it has been customary for people to enjoy a mint after a meal. Restaurants all over the world serve different types of mint candies to their patrons and most have always assumed it was to ward off any bad breath from the meal. The truth is that mint is full of wonderful ingredients that can help the IBS sufferer to avoid the pain that symptoms can bring on. It has the amazing properties of a superfood and provides an uplift to both your mood and energy.

Mint: The Superfood that Blasts Abdominal Pain

Many people pop mints in their mouths all day long to prevent bad breath. Mint is a natural plant and in its plant form offers the best of its attributes as an anti-bacterial, energizer, and stomach calmer. Not only does mint mask the odors of bad breath, but it actually removes them with its anti-bacterial agents. It kills the odor-causing tannins on the tongue and in the mouth, truly refreshing the mouth and removing bad odors.

For IBS sufferers, mint can be very helpful. Mint contains menthol, which helps to relax the stomach muscles and ease the digestive tract to stop the symptoms of IBS. The menthol in mint helps to ease stomach discomfort and is used by IBS sufferers during an attack and after each meal to prevent attacks. Not only does it help to stop stomach cramping and ease discomfort, but it also helps with nausea. Sometimes, just chewing on a fresh mint leaf can give instant relief, faster than any stomach medication possibly could.

Along with the great benefits to IBS sufferers, mint also helps with focus and

concentration. When you are feeling zapped of energy or have difficulty concentrating, one big whiff of fresh mint can open your levels of concentration and get you back into the zone for work, school, or other activities that require mental focus.

Mint is also great as a cooling agent. Menthol has been used for centuries for sore muscles and on hot days. The menthol in mint actually sends a message to your brain, making it think that your body is cooler than it actually is. This gives you a cooling sensation that happens quickly and can be a real pick-me-up when the weather is hot or just after a workout.

How to Eat Mint - Mints Aren't Just for Candy Anymore!

If your only experience with mint has been the red and white candies, then you are truly missing out on the world that mint has to offer! When eaten in the form of fresh leaves, mint provides a great taste sensation that lingers on the tongue, providing a clean and cooling sensation unlike any candy can offer.

Mint pairs well with both sweet and savory dishes and provides a unique feel to almost any recipe. For an invigorating drink, you can blend up almond or coconut milk and mint. This is a great drink that will cool you off and energize your body. Mint is also great with melons; try slicing mint and placing it over melon balls, allowing the two flavors to mingle.

Mint is also excellent when roasted with chicken or other meats.

Try using mint in your fresh garden salads or diced over tomatoes. The possibilities are endless! When all else fails, chew the mint leaves themselves for an aid to the stomach. When tried in many different ways, mint offers an interesting taste and perks up many dishes that would be otherwise boring.

How to Choose That Perfect Sprig of Mint

Mint is in its most potent form when it is fresh. Dried mint loses much of its menthol and other attributes that provide calm to the stomach. If at all possible, try to purchase fresh mint whenever you can. One great tip that will keep you in mint all year long is to purchase a fresh sprig of mint from your grocer.

Once you get home, cut the end of the stem and place it in a container of water. Make sure that the mint is not fully submersed, but only the stem end. In a few days, you will notice that roots are starting to form on the stem end. Keep the water changed at least once a week and you will soon have a thriving mint plant at your disposal. Chew on the leaves any time your stomach is upset, or you need a mental charge, and you will be feeling much better in no time.

When purchasing mint, there are a couple of things to keep in mind. Like any green plant, mint will begin to show on its leaves when it is deteriorating. If the leaves are spotted, yellowed, or wilted, do not purchase the mint. The mint leaves should be a lovely green and should feel hairy. If possible, remove one of the leaves and crush it between your fingers. You should instantly smell a strong mint scent and you should feel a slight cooling on your fingers. This will let you know that the mint is still full of its essential oils.

If you absolutely cannot find mint fresh, mint extract oil is another viable option. Make sure that you are purchasing true extract and not flavoring. Flavorings use fake mint flavor and will do nothing for you, other than make you smell like mint candy. Get the real thing and you will notice a huge difference in both flavor and benefits.

Fresh mint can be found in almost any supermarket, especially in the spring when it is in season. Mint costs very little and from one sprig, you can quickly grow an entire patch, since the mint grows rapidly in the house or out in the garden.

Try to enjoy mint in some form either with your meals or by chewing the leaves afterwards. This can help keep those IBS symptoms at bay and give you a wonderful freshness to your breath.

IBS SUPERFOOD #6 – PAPAYAS



Papaya: The Tropical Fruit That Gives IBS the Boot!

Papaya has been enjoyed for countless years because of its exotic, fruity taste. The orange flesh full of caviar-shaped black seeds has been providing a wonderful taste to people in both the tropics and in other parts of the world. Not only does papaya taste delicious, but also it is full of nutrients and attributes that can help those who suffer from IBS. It not only stops some of the symptoms, but it provides lasting relief when consumed as a part of a regular diet.

Papaya Provides a Delicious Taste in the Mouth and Helps the Pain

Papaya is full of vitamins and minerals and provides much of the RDA for some of the most important ones. Along with all these vitamins and minerals, it is an excellent source of soluble fiber, which helps to keep the digestive tract moving in the right direction.

The fiber distributes throughout the digestive system, filling with water as it passes through. The water-filled fibers help to provide bulk to the stools and stop the painful condition of diarrhea, which is so often such a big part of IBS.

The fiber also helps in the symptoms of constipation by providing moisture to the stools and preventing them from drying out. This keeps the digestive system running at peak performance and helps to prevent the sudden onset of painful gas, bloating, and cramps.

Along with the fiber, papayas contain an ingredient that has been used in meat tenderizers for years. This same ingredient provides an anti-spasmodic treatment to the muscles of

the stomach and in the digestive tract to keep the stomach from cramping, preventing the terrible pains that can often leave an IBS sufferer down and out.

How to Eat Papaya and Enjoy Its Wonderful Benefits

Papaya is one of those fruits that is often eaten in fruit salads, but not so much on its own. It is a shame that more people do not understand the true value and great taste that this orange fruit offers. Papaya is delicious all on its own. You can also eat the seeds, which have a peppery taste that is much like peppercorns. They can be used in salads and dressings for a peppery zing. They can also be ground to use as a spice on meats and vegetables.

Papaya is great in smoothies and makes them thick and rich when it is tossed in the blender. Try adding chunks of papaya to your favorite shake or smoothie and enjoy the great taste that it provides. Papaya is also great in fruit salads with pineapple and other fruits. It pairs well with almost any other fruit and is mild enough in flavor that it does not overpower other tastes.

You can enjoy papaya blended up as a marinade for meats. Not only does it give a great flavor, but the enzymes in the papaya help to tenderize the meat and keep it juicy while it is cooking. It adds a tropical flavor of sweetness to meats, poultry, and fish.

Papaya can also be blended into a great salad dressing for your garden greens. Try blending it up with a drizzle or two of olive oil and some of your favorite spices. You will have a low-fat dressing that provides a great tangy taste to your boring old salad.

To enjoy the papaya, you will need to slice it lengthwise down the middle. Inside, you will see tiny black seeds that resemble caviar. You can take a tablespoon and easily remove these seeds by gently scraping them out like you would in a cantaloupe or other melon. The skin can then easily be peeled and the papaya sliced or diced to eat.

How to Choose a Papaya With Pizazz

When you are choosing a papaya, it can be difficult to know exactly how you should go about it. Papayas are green-skinned with some yellow tones. They are a strange looking fruit on the outside, and inside, but the taste is fantastic.

When you are shopping for papayas, make sure that you choose one that feels heavy for its size. The skin should be a bright green and should not have spots, indentations, or blemishes. The fruit should give slightly when pressed with a finger, but should not be so soft as to completely indent. If the fruit is too soft, it will take on a strange, chemical taste that is not inviting.

The fruit should have nice fruity aroma. If you smell any type of chemical smell, such as

an acetone odor, do not purchase the papaya, as it is going bad or has already gone bad. A fresh papaya should feel much like a melon, heavy in the hand and nice and plump.

If you notice any wilting or shriveling towards the stem end, make sure that you do not purchase the papaya. This will not be good to eat and can actually make your stomach issues worse if you consume one that is past its prime. On the other hand, under-ripened fruit can also cause issues, so make sure that you choose wisely when making your purchase.

Papayas are great all year long, but you will mostly find them in the summer months at your local grocery store. They can also be found in the frozen section. Papayas keep well on the counter, but once they are beginning to show signs of being totally ripe, they should be placed in the fridge and consumed as soon as possible. If you are unable to consume them before they get too ripe, you can chop them or slice them and freeze them in freezer bags for up to six months.

IBS SUPERFOOD #7 – PINEAPPLES



Pineapple: A Tropical Fruit That Can Ease Your IBS

Most people are familiar with the spiky fruit with the green top, but many do not know the many health benefits that lurk inside its sweet tropical fruit. Along with an abundance of vitamin C and other vitamins and minerals, pineapple holds the key to helping with IBS in the digestive tract and soothing the walls of the intestines. This sweet treat is a miracle-working dynamo!

This Tangy Fruit Stops IBS From Stopping You!

IBS is a truly painful and often embarrassing condition that can cause sudden diarrhea along with constipation. Diet plays a big part in reducing or increasing the symptoms that IBS causes. Now, doctors are finding that there are certain superfoods that can enact healing in the intestines and digestive tract, lessening the symptoms of IBS and providing

the much-needed relief that sufferers are searching for.

Pineapple contains the digestive enzyme bromelain. Bromelain features proteolytic enzymes that help to counteract the symptoms of inflammation throughout the body and in the intestinal lining and digestive tract. The enzymes in pineapple have been shown to greatly reduce the symptoms of IBS and appear to help sufferers maintain a more consistent bowel movement without the drastic fluctuations between diarrhea and constipation.

Along with the wonderful benefits of bromelain, pineapples are filled with fiber that helps the digested food in the bowels to move through. Fiber absorbs water that passes through the intestines and this gives moisture to the stool so that it does not become hard and difficult to pass. By regulating the bouts of constipation, the digestive tract begins to heal and the pain and cramping are reduced in IBS.

Pineapple is also full of vitamin C and one single serving provides 113% of the RDA of the vitamin. Vitamin C helps with the immune system and prepares the body to better deal with infections from the common cold to other diseases that are more serious. Pineapple also has a host of other vitamins and minerals such as, vitamin B-6, manganese, copper, and thiamine. These vitamins and minerals are needed in the body and are best from a natural source instead of a manufactured vitamin.

How to Eat Pineapple

Pineapple is one of the most delicious tropical fruits in the world. When it is ripe, it is one of the sweetest, yet also has a tangy/citrus vibe that pairs well with other fruits in salads and smoothies. Pineapple is absolutely delicious on its own and does not need any preparation other than to be released from its spiky skin and having the core removed.

Pineapple can be eaten in chunks for fruits salads. It is delicious on a paleo pizza and goes well on a tropical paleo burger. Just make your paleo burger as you normally would

and place a slice of pineapple on top along with a brush of your favorite paleo barbecue sauce. You will be amazed at how good this tastes!

Pineapple can be blended in your favorite smoothie for a tasty breakfast treat or a snack. Pineapple juice is delicious just as it is and needs no added sugar or other juices to make it tasty. Pineapple slices can be placed on the grill or baked in the oven. Baking tends to bring out the sweetness even more.

This sweet treat is available all year long in most produce sections. You can always find it in cans or jars too. While fresh-cut pineapple contains more bromelain, canned pineapple is still a healthy choice. There are truly so many different ways to enjoy this wonderful fruit and knowing that it is helping your body makes it even sweeter!

How to Choose the Ripest Pineapple for the Best Benefits

Many people do not understand how to choose the best pineapple. Since they are so strange looking, you often cannot tell from looking at them if they are truly ripe inside. There is no way to squeeze them either. There are some tips that can help you to choose the very best pineapple for a sweeter taste and more nutritional benefit.

It is important to choose the ripest pineapple possible. Consuming unripe pineapple can cause your IBS to flare up and worsen because unripe pineapple can cause bouts of diarrhea. Since a pineapple will never ripen any further than when it has been picked, it is vital that you choose wisely.

When you are searching for that perfect pineapple, you should first take a look at the outer skin. Though it holds very few clues, you can tell when some deterioration has taken place. If the skin appears soft in areas or wrinkled, do not make the purchase. The skin should be firm and prickly and not discolored or mottled.

The next step for checking pineapples is to smell them at their base. You should be able

to smell a nice aroma of sweetness. If you smell any chemical odor that smells like nail polish remover, you have a bad pineapple and you should not purchase it or if it has already been purchased, it should be thrown away.

Pineapple stores well in a cool environment, but should be eaten within a couple of days of purchase. Once it has been cut, it should be refrigerated and eaten within one to two days to avoid spoilage. If it cannot be consumed within that time, it can be frozen for smoothies and fruit salads.

The peak season for pineapple is around April and through the spring and early summer months. Pineapples are found fairly cheaply fresh and even cheaper in the can. They are available most all year, but you will pay more for out of season pineapples.

So, if you suffer from IBS or other digestive conditions, try cutting into a delicious and sweet pineapple. This tropical fruit has so many health benefits and the taste cannot be beat. Try adding pineapple into your diet as often as possible and stop the pains that come from IBS.

CANCER-FIGHTING SUPERFOODS

**SUPERFOODS
POWER** Volume 6
CANCER

7 Top Cancer-Fighting Superfoods



CHARLES W. JAMES

CANCER-FIGHTING SUPERFOOD #1 – BLACK RASPBERRIES



Black Raspberries are the Berry That is Punching out Cancer!

Black raspberries are one of the foods that are leading the way in cancer-fighting abilities. These great-tasting berries are full of anthocyanins, which have been found to inhibit the growth of cancerous cells.

Black Raspberries Provide a Kick to the Core of Cancer

Black raspberries are considered a superfood because of the great amount of vitamins and nutrients that they contain. Not only are they full of fiber and vitamins, but they contain a much higher concentration of phenolic compounds and anthocyanins. These anti-oxidant compounds are found in greater numbers in the black raspberry than any other berry in the world.

These compounds help to fight against free radicals that are a result of the life of the cells in our bodies. As free radicals migrate through the tissues and blood in our bodies, they attach to one another and can create disease and cancers.

In studies done by the American Cancer Society, results show that black raspberries contain ellagic acid, which is one of the most powerful antioxidant compounds in the world. When consumed as a part of a healthy diet, black raspberries can help inhibit cancer cell growth and kill of existing cancer cells. It is amazing what strong benefits this tiny berry holds!

How to Enjoy the Black Raspberry as a Part of Your Diet

Black raspberries taste great just as they are. They are sweet and has a dense flavor with a slight hint of bitterness that has been compared to the blackberry. While many people confuse the two, the blackberry and the black raspberry are not the same fruit. While they are related, they are two different berries altogether.

You can enjoy this sweet berry in a number of different ways. The berries can be mixed in with other berries and eaten with yogurt or low-fat ice cream. Black raspberries go wonderfully as a topper to warm oatmeal and they can go well with a cold cereal too.

Black raspberries bake well in muffins and cakes and provide a nice sweetness and moisture to any baked product. Black raspberries can also be pureed and made into jams and jellies that go great on bagels, breads, and muffins.

Try mixing black raspberries in with your favorite smoothies and fruit juice blends for a great and refreshing treat that helps to beat the heat of the warm spring and summer months. Along with enjoying these berries in sweet dishes, they can also be used as a part of savory meals as well.

Black raspberry puree can be mixed in as part of a great-tasting salad dressing. It provides a sweet and tangy background for salad greens and can be used as a marinade for chicken and fish. When pureeing black raspberries, you can strain the seeds if they bother you.

Try incorporating these wonderful berries into different meals throughout your day. As a snack, grab a handful on the go for a wonderful kick of energy and a great punch to those cancer cells. Keep a bowl of fresh berries in your fridge, making them available any time you want a snack or want to add them to your favorite food creations.

How to Purchase the Best Berries Around

When you are purchasing black raspberries, it is important to understand how to purchase the very best and freshest berries that you can find. These wonderful berries are in season during the summer months and are typically found for a less expensive price from July to September.

When choosing berries, it is vital that you remember how very perishable they are. You should always consume your berries within a day or two and use other methods of preservation beyond that point, as the berries will start to break down and lose their vitamins and nutrients.

When making your berry purchase, check the berries for damage. Since they are often

packaged, this can be difficult. If possible, open the lid to the package and make sure there is no white mold or berry juice in the bottom of the container. If you see either, do not purchase these, as this means they are in the process of spoiling or have been damaged in route to their destination.

Choose plump berries that are heavy and firm. There should be no blemishes or cuts into the berry as this can cause rapid deterioration of the fruit. At home, you should keep your black raspberries in the fridge and eat them as soon as possible. If you find that you are not going to be able to consume them that quickly, you can use other methods to prolong their shelf life.

Black raspberries can be dried in a dehydrator and then tightly sealed, so that air and moisture cannot cause them to spoil. To be eaten, they can be reconstituted with boiling water or can be added dry to baked goods and even cereals. Once they have been dried, they can keep for up to a year with proper storage.

You can also freeze the berries easily. You will need to freeze them on a cookie sheet in a single layer and once frozen, transfer them to freezer bags. They can keep well in the freezer for six months to a year.

With cancer fighting so hard against your body, it is important to arm yourself with an arsenal of weapons that aid in your fight. Black raspberries are one of those weapons that you want on your team!

CANCER-FIGHTING SUPERFOOD #2 – CABBAGE



The Cabbage Family of Cancer Fighters

The dreaded word 'cancer' seems to have permeated our society lately. It is in the news and in our bodies. Cancer is affecting more and more people and if you do not have it yourself, you most likely have a loved one or friend who does. While we work towards finding prevention and cures for cancer, we are finding wonderful ingredients in the form of superfoods that can help to not only fight cancer, but to also prevent it. Some of those wonderful foods are found in the cabbage family and include broccoli, cauliflower, and Brussels sprouts. Cabbage contains indole compounds that are doing amazing things to remove cancer and help prevent it.

How to Fight Cancer With Cabbage

It is truly amazing how eating a diet of certain foods can help in the cancer fight. Many of these superfoods have been found to be even more effective than the traditional chemotherapy methods and have no toxic side effects.

Cabbage and those in its family are some wonderful foods that contain a host of nutrients. They contain vitamins and compounds that make them true cancer-fighting powerhouses. Studies have shown that by consuming at least three servings a week of these wonderful vegetables can reduce your cancer risk by up to 50%! That is cutting your risk in half simply by eating vegetables.

Cabbage and its siblings broccoli, cauliflower, and Brussels sprouts have been proven to help prevent cancers such as those of the breast, colon, stomach, lung, and bladder. The cancer-fighting abilities of cabbage and other vegetables like it comes from its ability to block carcinogenic substances in the body before they are allowed to manifest into cancer.

Since many cancers come from a lack of detoxification ability, it is important to consume these types of vegetables on a regular basis. Along with the wonderful benefits of cancer fighting and prevention, the cabbage family also offers a great source of protein, vitamin C, and iron. They really strengthen the fight and produce excellent results in many different health situations.

How to Enjoy the Cabbage Family in all its Glory

The cabbage family offers an amazing plethora of choices. Broccoli is delicious both raw and cooked. It can be eaten raw in salads and with dips or made into soups and cooked in stir-frys. It contains the most benefits when it is as close to raw as possible, so it should only be lightly blanched or sautéed and not cooked until mushy.

Cabbage is wonderful raw in salads and coleslaw. It is great when it is boiled or sautéed and takes on a slightly sweet taste. It goes great in rice dishes and mixed in with pasta, and it is also a great ingredient to add into a stir-fry.

Brussels sprouts must be cooked in some form to truly enjoy the flavor. They can be

lightly steamed, or cut in half and sautéed. They can also be boiled. They go well as a side dish with almost any meat and taste great with a mild cheese sauce or a pat of butter.

Cauliflower can be steamed and then pureed into a mash or even eaten raw in salads or with a dip. It can be made into soups and stews and goes well as a side dish with almost any meal. Pairing some of the cabbage family together increases their taste and their ability to fight cancer.

How to Purchase the Best of the Cabbage Family

When you are purchasing broccoli, you should look for stalks that are green and firm. The florets should not be blooming out or turning brown. If you see any type of bud opening, do not purchase them, as the broccoli will not taste well.

Cabbage should feel heavy for its size and the cut end should be nice and clear with only a minimal amount of browning. The browner that it is, the longer it has been cut and the less fresh it is. You can also purchase bags of shredded cabbage for even more convenience.

Cauliflower, much like broccoli, should have firm stalks that are a milky white. The head should be compact and full. Look at the cut end to make sure that it is not brown. The head should also feel heavy for its size.

Brussels sprouts are harder to find fresh, but they can be found in the summer and fall months. The small heads should be closed up tightly and compact and there should be no brown spots or wilting in the outer leaves.

Most all of this family can be purchased in the freezer section for more convenience and longer storage options. If you have purchased these vegetables fresh, you should keep them in the crisper drawer of your fridge and consume them within a few days. If you find that you are not going to be able to consume them that soon, you should freeze them.

They can keep well in the freezer for up to a year. Cabbage must be shredded before it can be frozen, and broccoli and cauliflower must be separated into florets.

No matter how you choose to enjoy the cabbage family, make sure that you include it as a part of your healthy lifestyle. Including these superfoods into your diet can go a long way in fighting against cancer and other diseases.

Try adding these wonderful vegetables as often as you can, but at least three times a week, to gain the most benefit. The cabbage family contains so many wonderful vitamins and minerals that can make you healthier and stronger and increase your vitality.

CANCER-FIGHTING SUPERFOOD #3 – GARLIC



The Amazing Powers of Garlic Against Cancer

While there are many medical treatments for cancer, they can have toxic effects and even cause further cancers to develop. There are some wonderful superfoods that are leading the way in natural cancer treatment and prevention, and they are providing some amazing results that continue to astound the medical community. Garlic has for many years been reported to have wonderful health benefits, but scientists are finally discovering that it can also fight cancer and help to prevent it through its dialyl sultides that help to increase the fighting power of the immune cells that attack cancer.

Garlic is an Advocate for Cancer Patients

Garlic is one of those foods that most people like. It is found in a host of dishes, especially Italian foods, and provides so many healthful benefits that cannot only fight against cancer, but also other diseases like heart disease.

Many studies have been carried out on the benefits of garlic against cancer. It has been found that garlic reacts well against all types of cancers and is not limited to a particular type. This is amazing news for cancer victims who are looking for alternative methods to heal their cancer and get it out of their lives.

Out of 37 studies that were carried out by using garlic in humans, 28 of those showed positive results in cancer reduction. While garlic appears to work across the board in cancer reduction, it has particularly showed positive results in both prostate and stomach

cancers.

Garlic contains allyl sulfur compounds that help to slow tumor growth and can also prevent the new growth of tumors. This compound prevents the rapid split of cancer cells and damages them when they are in the duplication process. Not being allowed to split and multiply stunts the tumor growth and helps to kill off the tumor.

How to Enjoy Garlic as a Part of Your Healthy Diet

Garlic can be enjoyed in so many different ways. It goes well in savory dishes that have tomatoes and onions in the mix. Garlic can be chopped and pureed to add into any dish for both raw and cooked options. When slowly roasted, garlic takes on a sweet and mellow flavor. It goes great in stews, tomato sauce, and other pasta sauces.

Garlic is a wonderful seasoning that works well with beef, chicken, and seafood. Adding garlic flavoring to your foods can also help you to cut down on the amount of salt, reducing your sodium intake, which is good for your heart.

Try keeping fresh garlic and powdered versions on hand for increased ways to use this ingredient. It works wonderfully in homemade dressings and vinaigrettes and can be used in marinades for both meats and vegetables.

Whole garlic cloves can be roasted and then spread on breads for a tasty accompaniment to your meals. You can also roast whole garlic cloves in meat for a wonderful flavor that works well with onions and potatoes.

There truly are so many different ways to enjoy this wonderful ingredient. Try experimenting with different ideas and incorporate garlic in as many of your meals as possible. You will be amazed at the great tastes that you can create and you will love knowing that with every bite you are fighting against cancer.

How to Reap the Benefits of Garlic by Making the Best Purchases

Buying garlic is easy, as it can be found all year long in most grocery stores. It is also very easy to grow from garlic bulbs that you purchase in the grocery store. Just bury several of the cloves pointy side up in a pot of soil, and you will soon have garlic greens growing. These can be snipped off and used much like chives in your cooking.

There are many different forms of garlic that you can purchase and use in your foods. You can find powdered garlic, chopped garlic in both water and oil, and garlic paste that is normally found in small jars or even in tubes.

When you are looking for fresh garlic bulbs, there are a couple of hints that can help you to choose the very best. Garlic is a bulb with a papery outer skin. When picking up the

bulb, it should feel heavy for its size and should contain many different cloves that are plump and all fitted together compactly.

Do not purchase a garlic bulb that has a green sprout. Once it begins to sprout, it takes on a bitter flavor. You can purchase these bulbs if you plan on planting them, but they are not going to taste as good as un-sprouted bulbs.

Garlic bulbs are best stored like onions are. You should keep them in a cool and dark place away from direct light and heat. When exposed to the sun, they will begin to sprout, so you should keep them in your pantry.

Once you have sliced the garlic, it should be refrigerated in tightly sealed containers. Jarred or paste garlicks can keep well in the fridge for up to six months. Chopped garlicks can be frozen in airtight containers or zippered bags and kept in the freezer for up to a year.

If you are fighting cancer, it is important to fill your body with as many cancer-fighting foods as possible. Enjoying the wonderful garlic bulb creates a taste sensation that you will begin to crave the more you experience it. If you absolutely do not enjoy the flavor of garlic or worry about the effects on your breath, you can purchase garlic capsules that eliminate both of those issues.

Garlic truly is a superfood that is helping to change the lives and health of many people across the world. Work on incorporating this wonderful food into your menu each day and live your life to the fullest, knowing that cancer is on its way out!

CANCER-FIGHTING SUPERFOOD #4 – GREEN TEA



Begin Fighting Cancer With Just a Sip!

Green tea is full of anti-oxidants, which seek out and destroy free radicals in our bodies. Free radicals are those cell byproducts that are lingering in our systems. If these radicals are allowed to roam throughout the body, they can wreak havoc in the form of cancer production.

Green tea has long been known to have cancer-fighting ability, but studies in recent years have found even more encouragement. In a study conducted by the Strathclyde Institute of Pharmacy and Biomedical Science, green tea was administered to skin cancer cells in a petri dish study. They were able to destroy 40% of the cancer cells, giving very promising results and encouragement for further study.

Scientists are still studying more on how and why green tea works so well against these cancer cells and how they can administer it in the body more effectively. For the tea to work, it must be as concentrated as possible. Using green tea extract, more and more is being learned about how we can combat this deadly disease and stop it in its tracks.

Enjoy Green Tea Every Day

Green tea has been proven to inhibit cancer cell growth and even destroy the cells. While

studies are still being performed on the best delivery methods, many believe that enjoying green tea in the form of a hot drink is a great way to introduce the plant's wonderful properties to the body.

Green tea tastes different from the teas that most of us are familiar with, as it has a bitter taste that can take some getting used to. When green tea is steeped and then mixed with honey, it seems to mellow out and become much more palatable.

Try making this tea as often as possible each day. When you are making tea, it is important to allow the tea to steep for as long as possible. The stronger the tea, the more effective it will be against cancer cells. The best way to create your tea each day is to use loose green tea and place it in cheese cloth in hot water that has been boiled and then allowed to cool slightly.

You should steep the tea until the water takes on a deep yellowish-green tint. The longer you can allow it to sit, the better, as more of the important extracts will be released into the tea water. Once the tea has steeped, you should then gently squeeze any remaining moisture through the cheese cloth, allowing even more of the important cancer-killing agents to come through.

Along with drinking green tea, you can also purchase green tea capsules and extract to add even more options. Green tea capsules are great to use along with the green tea drink, because they provide an even more potent method of ingestion. These capsules can be used right along with making the hot drinks throughout the day. By using both methods, you are giving cancer even less of an edge than when used alone.

How to Purchase and Store the Best Green Tea

While green tea is one of the most wonderful cancer fighting plants, it can also be dangerous to consume in tea bags. Most people do not know that a carcinogenic chemical is added to the paper to prevent it from dissolving in water. If you are trying to fight cancer, you sure don't want to wipe out the benefits of green tea by consuming it in cancer-causing materials.

The way to avoid this is to purchase loose green tea. You can find this at most grocery stores and often in ethnic markets. It can also be purchased online. It is vital that you purchase the freshest tea possible and only from a reputable dealer who does not add other ingredients into the mix.

When you are storing tea, it is important to keep it away from light, moisture, and other foods that could contaminate the taste. Dried tea will naturally absorb things in the air, including moisture and food odors that can change the taste of the tea and make it lose its potency.

The best storage option is in an opaque container that allows no light to come through.

The container should also be airtight and should be stored in an area that is cool and free of heat sources. While not the best storage method, loose tea can be frozen in airtight containers, since the freezer has low humidity.

While a cancer diagnosis is always frightening to hear, there are so many advances taking place in the world of medicine. While we wait for a complete medicinal cure, there are many wonderful foods available to us to help in the fight. By incorporating green tea into your diet each and every day, you can fight cancer cells and help to destroy them.

CANCER-FIGHTING SUPERFOOD #5 – TOMATOES



Tomatoes are Helping us to Win the Fight

Tomatoes are one of the greatest sources of lycopene, a known cancer-fighting compound.

Along with a host of vitamins and nutrients, tomatoes contain a high concentration of the cancer-blasting compound called lycopene. Lycopene not only gives the tomato its beautiful red color, but it performs miracles against cancerous cells. Lycopene has shown wonderful results in many different studies that have been performed over the years.

This antioxidant compound works by destroying free radicals that cause cancer and other diseases. These radicals wreak havoc on our systems when they stay in our bodies and must be removed as soon as possible with the help of antioxidants. The antioxidants found in tomatoes, called the red family of compounds, is leading the way in helping us to realize the amazing effects that these fruits can have on cancer patients.

The lycopene in tomatoes has been proven to help dramatically cut the risk of prostate cancer and has been effective with other studied cancers such as endometrial, breast, and lung cancers. Along with lycopene, tomatoes are a great source of vitamin C and beta-carotene, both of which help to reduce cancer and aid in the prevention of the disease.

In a study done in Montreal, researchers found that those whose diets included a high amount of tomato products reduced their prostate cancer risk by 19%. When tomatoes are consumed in their processed forms, the cancer-fighting ability rises even higher.

Including this ruby red fruit into your diet is crucial for both the war on cancer and on heart disease.

How to Eat the Beautiful Tomato

Tomatoes are a fruit that most people consider more of a vegetable. It has a slightly sweet and acidic flavor that goes well in pasta sauces and Italian cooking. Tomatoes can be eaten raw or cooked, but tend to have the most benefit once they have been processed in some form.

You can enjoy raw tomatoes by themselves alone or with a drizzle of olive oil, salt, and pepper. Raw tomatoes are also delicious with slices of fresh mozzarella cheese and basil leaves. Tomatoes are a must-have in salads and bring out the flavor of the greens that they are mixed in with.

Tomato sauces are wonderful in pasta and can also be used over meats, such as meatloaf, and in other dishes. They provide a wonderful sauce for any type of meat, chicken, or fish. You can mix tomatoes in with your chilis and stews and enjoy them even at breakfast when cooked in with your eggs.

Tomatoes can be canned, pureed, sliced, diced, and formed into a concentrated paste. They can be used in almost any type of meal and provide a refreshing sandwich topping for burgers, and deli sandwiches. No matter how you choose to enjoy this wonderful food, you can do so knowing that you are fighting your cancer or helping to prevent it with each and every bite that you take.

How to Purchase and Store Those Red Beauties

One of the most important aspects of enjoying tomatoes in your diet is making sure that you purchase the very best and most ripe fruit. Tomatoes, unlike some fruits, will ripen even after they have been removed from the vine, but they will not have that sweet and intense flavor that vine-ripened tomatoes have.

When you are purchasing tomatoes, it is important to keep a few things in mind. Try picking up the tomato and make sure that it feels dense and heavy for its size. The skin should be a deep red and there should be no dents, soft spots, or blemishes on the fruit.

If you find any soft spots or blemishes, do not purchase the tomato, as this means it has either been damaged or is spoiling. Choose a firm tomato that slightly gives to your fingers when pressed. Do not press too hard or you will bruise the tomato and it will start to break down quickly.

Tomatoes should never be refrigerated, as they lose their flavor and many of their vital nutrients. They keep best on the counter in a warm spot in your kitchen. If you have

bought tomatoes that are still a little green and not fully ripe, you can place the tomatoes in your windowsill for a couple of days and allow the sun to help them finish the ripening process. You can also place them outside in a sunny spot for the same effect.

Tomatoes are plentiful in the summer and early fall months. This is when they are in season and have the best flavor. While they are available all year long and flown in from other countries, they taste the absolute best during the summer months straight out of the garden.

If you are faced with cancer, then you know the importance of quality foods to help in the fight. Including the superfood tomato in your diet can help a long way in your fight towards beating cancer and it can also help to prevent cancer.

With their delicious taste, there is no reason not to enjoy tomatoes as often as possible. Try new and exciting ways to include them in each and every meal possible. Along with the benefits of fighting and preventing cancer, they also have other important vitamins and are a good source of fiber.

CANCER-FIGHTING SUPERFOOD #6 – TURMERIC



Kick Cancer With Spices You Have in Your Cabinet!

There is nothing like hearing the word cancer to strike fear into our hearts. While any type of cancer is scary to fight against, advances in science and medicine are finding many surprising ways to fight, cure, and even prevent cancers. Some of the most powerful anti-cancer treatments are not found at the hospitals or Oncologist's offices, but right in your spice cabinet! Turmeric, when combined with pepper and olive oil, has been proven to kill cancer right down to the stem cells. This amazing spice is creating a huge buzz in the cancer community and is helping to save lives!

The Amazing Spice Duo That Is Making a Difference!

Turmeric is a spice that is often used in Indian cooking. It contains curcumin, which not only helps to fight cancer, but is able to kill it. The problem with turmeric is that our bodies are not formulated to be able to absorb this miracle alone, but when it is combined with pepper, the true miracle begins.

Pepper contains piperine and when this and curcumin are combined, they become a deadly force against cancer. Experts have found that not only does this combination help to fight and prevent cancers, but it does what chemotherapy cannot do. As strong and as toxic as chemotherapy is, it is useless against cancer stem cells. These are the cells that are responsible for creating malignancies and spreading cancer cells from tumors. If these

stem cells are not destroyed, the cancer often comes back even after aggressive treatments with chemo.

In a study conducted by Doctor Madhuri Kakarala at U-M Medical School, the combination of curcumin and piperine is able to limit the self-renewing abilities of cancer stem cells. She was quoted as saying, "If we can limit the number of stem cells, we can limit the number of cells with potential to form tumors."

This combination has been studied with breast cancer and as Dr. Kakarala states, it is making huge strides in helping patients with both treatment and prevention. "Women at high risk of breast cancer right now can choose to take the drugs tamoxifen or raloxifene for prevention, but most women won't take these drugs because there is too much toxicity. The concept that dietary compounds can help is attractive, and curcumin and piperine appear to have very low toxicity."

Studies have also shown when turmeric is combined with pepper and olive oil that the effects are even more pronounced. Studies have shown to be so positive that natural vitamin and supplement companies have created capsules with both turmeric and pepper. The only problem is that these do not contain olive oil. Including these miracle ingredients in your diet each day can knock out cancers and stop them from being allowed to run rampant in your body.

How to Consume This Cancer Killer Each Day

If you knew that something you ate could be deadlier to cancer than even chemo treatments, you would want to eat it as often as you could wouldn't you? Turmeric is relative to ginger and grows in plant form. It has been used for thousands of years in Indian medicine for its antiseptic and anti-inflammatory benefits. This plant is ground into a spice and is found alone or in curry powder, which contains a mixture of spices, which also contains cumin, red pepper, fenugreek, and coriander. Curry powder is a staple of Indian cooking and is also a big part of Thai cuisine. While pepper is common to most foods around the world, turmeric is not as common and must be deliberately sought out through supplement form or better yet, by adding it into your diet. So, how can you use these spices to start the fight against cancer or to ward off the cancer threat?

Using turmeric in your foods takes getting used to, because it is so strong and pungent. A little goes a long way, but when fighting cancer, you want to use as much as you can throughout your day. Turmeric goes well with most meats and actually makes them really delicious. You can try sprinkling turmeric and pepper into your stews, soups, and other meat dishes. The turmeric powder makes a great sauce and can even be used in salad dressings. When used in dressings, it is even easier to get the three-ingredient miracle combination of turmeric, pepper, and olive oil.

Any curry dish that you make will contain turmeric. Try eating as many different curry dishes as you can throughout your week. These types of dishes are wonderful, filling, and

give you the nutrients to stick it to cancer without the toxic effects of chemotherapy. If you find that it is difficult to get enough turmeric into your diet, you can also use supplements along with adding this spice into your cooking repertoire.

How to Purchase and Store This Potent Cancer Killer

Turmeric is found at most every grocery store in the spice aisle. You will normally find it in a dark-colored bottle, as turmeric is very sensitive to light and will begin to break down. Unlike some spices, turmeric has a shelf life of only about six months, after which it loses much of its potency.

You should store turmeric in a dark and cool environment that is away from heat and sunlight. Make sure that when you are using your turmeric that you remove the amount that you need quickly and then tightly close the container and place it back in the cabinet. It is also advisable to mark the date of when you open it and discard it after six months as its cancer-fighting ability will be reduced by this point.

Never purchase turmeric in plastic bags or in bottles that allow light in. If it has been exposed to light, its cancer-fighting agents have been destroyed. When using turmeric, be very careful as it can stain your hands and clothing with a bright yellow that is difficult to remove.

CANCER-FIGHTING SUPERFOOD #7 – WATERMELON



Watermelon: The Delicious Fruit That is Fighting Cancer

In the world of cancer treatments, most patients are never educated on the healthful benefits of using foods, especially superfoods in the fight against cancer. Patients are given options of cancer drugs through chemo therapy or radiation and told to eat healthy, but never really given the understanding and knowledge of the exact foods to eat. Watermelon is one of those foods that is packed with vitamins and anti-oxidants that are proving to greatly help in the fight against cancer. Not only does it put up a good fight, but it is also winning.

How to Win the Fight With a Juicy Watermelon

Watermelon has one of the most concentrated sources of lycopene, a carotenoid that has anti-oxidant benefits along with the ability to help in the prevention of many different types of cancers such as lung, colorectal, prostate, breast, and endometrial cancers. It helps by removing the free radicals in our bodies that are a byproduct of the life of our

cells. When these free radicals are allowed to stay in our bodies, they can produce disease and begin to cause cancer cells.

Watermelon also has high concentrations of beta-carotene, supplying a wonderful source of vitamin A, which has been known as an anti-oxidant that does well in fighting cancer. Along with vitamin C and lycopene, this vitamin and carotenoid combination puts the one-two punch against cancer cells and also helps to prevent their growth.

Just one cup of watermelon each day provides your body with 10% of the RDA of vitamin C and vitamin A. When consumed throughout the day and even combined with other superfoods, the effects on cancer are astounding. Recent studies also are proving positive results in using watermelon against high blood pressure.

Many more studies are being carried out on this superfood and we have yet to learn all of the amazing abilities to fight disease that it contains. One thing is for certain; this fruit tastes delicious and it is one of the healthiest fruits you can eat.

How to Enjoy the Sweet Treat That Knocks Out Cancer

Watermelon is one of the sweetest fruits on the planet. It tastes delicious no matter how it is prepared and can be used in so many different ways. Watermelon in its natural form is sweet, delicious, and refreshing. It can be sliced, diced, or even made into melon balls. It pairs well with other fruits in fruit salads and can be eaten throughout the day.

Watermelon is delicious when it is lightly grilled and drizzled with honey. This slight cooking process brings out the natural sugars in the fruit and intensifies them, bringing out even more flavor. Slices of watermelon are only grilled long enough to create grill marks on either side, then raw honey can be drizzled over them and the slices eaten while they are still warm.

There is nothing like a cold slice of watermelon in the summer heat. Keep a bowl of the

melon in your fridge and you can snack on it throughout the day. You can also blend watermelon into your smoothies and puree it and freeze it with a mixture of lime juice and a touch of honey for a great frozen treat.

Watermelon even works well as an accompaniment to savory dishes and is a great salad ingredient in both fruit and vegetable salads. Fruit kabobs made from watermelon and cantaloupe provide a great refreshing treat that socks it to cancer. Try incorporating this wonderful melon into your daily menu and begin to see the benefits that it provides to your health.

How to Choose the Sweetest Watermelon

Many people are uncertain when it comes to purchasing watermelon. Since watermelon does not ripen any further once it has been cut, it is important to choose wisely whether you are picking your own or choosing one from the produce market.

Watermelon does not give off an odor like some fruits, so smelling is not a way to tell if it is ripe. There are a couple of clues that can help you choose the best melon, so that you go home with a sweet treat and not an under ripe disappointment.

First of all, you should pick the melon up. It should feel heavy for its size. Next, flip the melon over and make sure that you see a creamy yellow patch on the underbelly. If you see a white or a green patch, this means that the melon was picked too early and it will not be fully ripe and will not have that sweet flavor that we all crave.

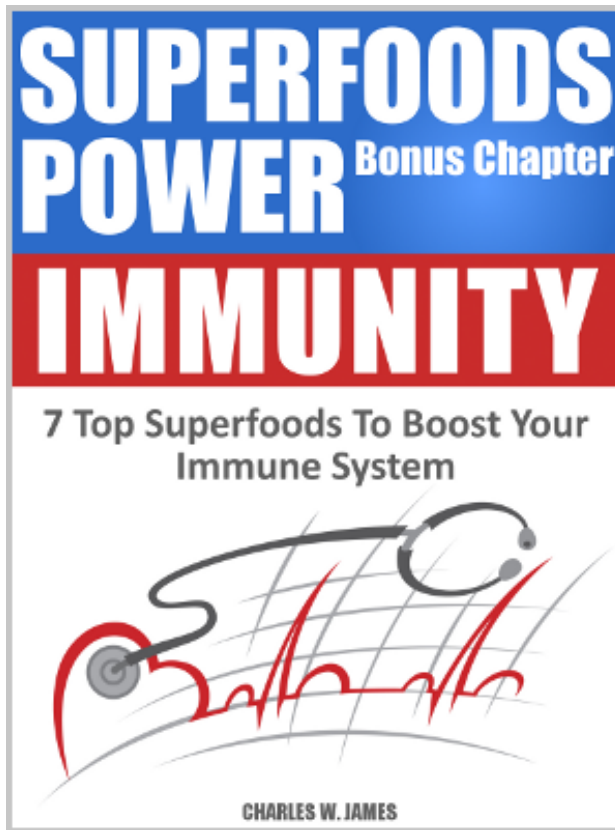
Other than checking these two things, you should check for any bruising or blemishes. If you see cuts or soft spots, do not purchase the melon, as this means that it has been damaged in shipping or is beginning to rot. There is nothing worse than anticipating that first bite of sweet melon only to cut into the fruit and find a rotting disaster.

Melon keeps well at room temperature, but should be consumed within one week of

purchase. Once it has been sliced, it must be refrigerated and consumed within two to three days. The fresher the melon, the more cancer-fighting ingredients that it will contain.

Watermelon can be purchased already sliced or cubed. While this is more convenient than purchasing a whole melon, it is not the most healthful. Once a watermelon has been sliced and exposed to light, it begins to lose many of the properties and vitamins that help it to fight cancer. In a pinch, this form of watermelon is still good to consume, but purchasing a whole melon is always best.

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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.

If you want to learn more about Superfoods and Power-Nutrition, visit my site at NutritionGang.com – You can also chat with me via [Twitter](#) or [Facebook](#)!



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