

**Superfoods Power Volume 2 – Diabetes
7 Top Diabetes-Fighting & Blood-Sugar Kicking
Superfoods**

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PUBLISHED BY:
Charles W. James
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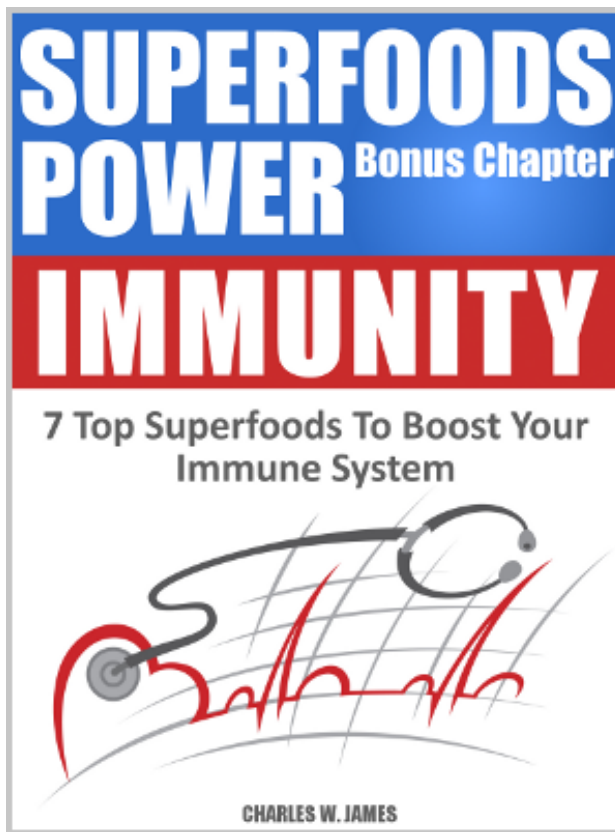
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Introduction to Superfoods



What is a Superfood?

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

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

Antioxidants are a kind of phytochemical. They are made up of nutrients and enzymes that work to prevent and repair cell damage caused by free radicals. Free radicals are molecules with an unstable number of electrons; they ravage your body looking to borrow their missing electrons, damaging cells in the process. And what's worse: there's

no escaping them, as they come from both outside and inside of our bodies. All we can do is hope to repair and prevent their damage, and that's where antioxidants come in: breaking the chain of electron-borrowing destruction.

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

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

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

Eating Superfoods Won't Break Your Bank

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

In 2006 the University of Washington conducted a study that indicated when you divided the cost per calorie of healthy produce-based meals to junk foods, the junk foods came

out cheaper — you were getting more calories for your dollar. But that's because junk food is densely calorie packed, with little nutritional value in each one. These are what we call “empty” calories. Calories that fill you up, cause you to gain weight, but provide little of the essential nutrition your body needs. Not to mention junk foods trick your body into eating more — both because the high salt content makes them taste good, but also because it takes more to make your body feel satisfied; the body wants to keep eating until it has its nutritional needs met. And we wonder why obesity is such a growing concern?

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

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

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

Eating junk food is not a sustainable practice. A long-term junk food diet most certainly leads to obesity and whole slew of health-problems. Diets high in sugar can cause

diabetes; diets high in sodium can cause high blood pressure; diets high in fat make you susceptible to heart disease. And what is the cost of treatment when you get such a disease?

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

Best Way to Introduce Superfoods to Your Diet

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

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

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

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

What follows is a list of 7 Superfoods proven to help lower blood sugar and sensitivity to insulin.

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.

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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](#).



PS: Looking forward to connecting with you on Twitter / Facebook or via my site!