

# Day 22

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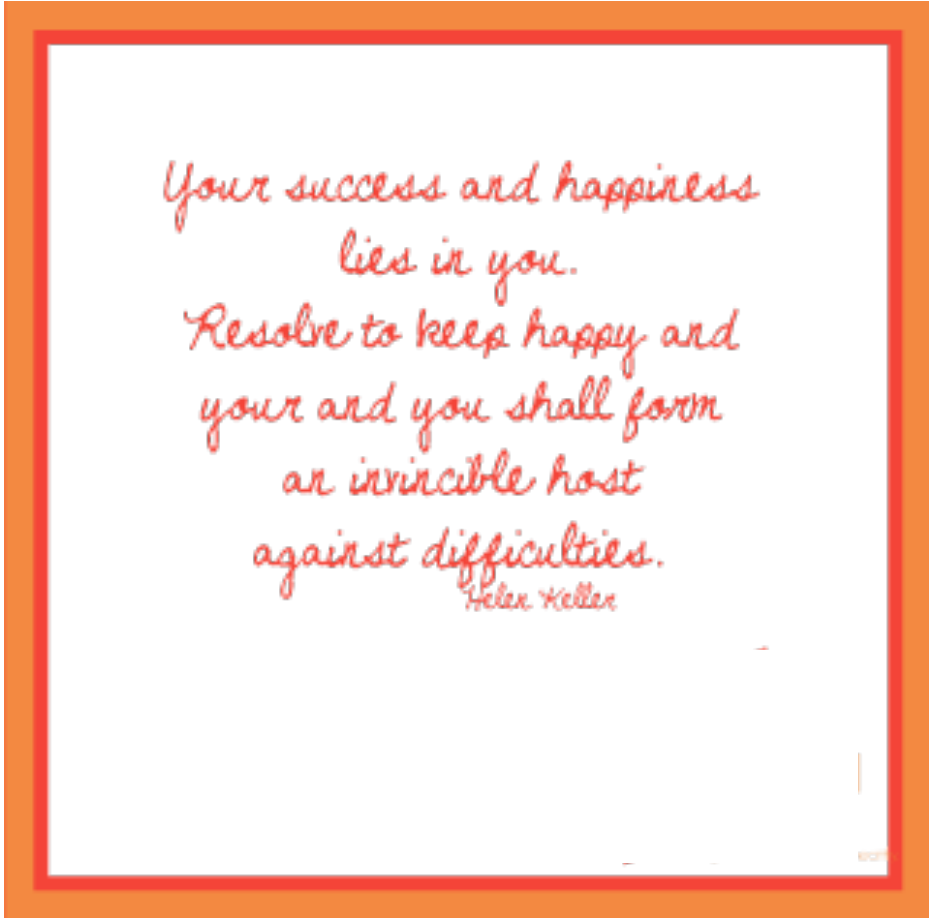
Hello there!

Today is the day! You are going to learn about SUPER FOODS! You are going to be SUPER surprised at all the goodies that can be packed into one little nutrient!

Try to add one super food into your menu EACH WEEK!

Enjoy...and let me know if you have any questions!

To Your Health,



*Your success and happiness  
lies in you.  
Resolve to keep happy and  
your and you shall form  
an invincible host  
against difficulties.  
Helen Keller*

# Urban Wellness Bootcamp

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## Day 22

# Task

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Select 2 Superfoods that you do not currently eat from the list in your packet. Decide to incorporate them into your diet for the next 7 days.

## Day 22

# Super foods

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As more of us shop at whole food markets and have become aware of the importance of eating clean and organic foods, we are naturally moving toward foods that have the potential to make us incredibly healthy! Super foods are not new, as a matter of fact, they all go back to ancient times. We are just rediscovering what our ancestors knew instinctively.

Super foods are natural food sources with highly concentrated, complex supply of high quality nutrients with the least negative properties.

The magazines are pushing them as diet aids, the truth is they are not always low in calories, but, for the number of calories present, they are always high in nutrients. They are an excellent addition to any healthy diet.

Super foods should not be the only part of your diet. A really healthy diet would include live, raw plant foods, super herbs and super foods. Super foods can help nourish the brain, muscles, bones, organs, immune system and hair, skin and nails. They also correct imbalance in the diet. The ultimate goal would be to be able to quit taking vitamin and mineral supplements and actually get these nutrients from your foods.

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# Super foods-Acai

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Acai (ah-sigh-ee) is the high-energy berry of a special Amazon palm tree. Harvested in the rainforests of Brazil, açai tastes like a vibrant blend of berries and chocolate. Hidden within its royal purple pigment is the magic that makes it nature's perfect energy fruit. Açai is packed full of antioxidants, amino acids and essential fatty acids.

Açai pulp contains:

- A remarkable concentration of antioxidants that help combat premature aging, with 10 times more antioxidants than red grapes and 10 to 30 times the anthocyanins of red wine.
- A synergy of monounsaturated (healthy) fats, dietary fiber and phytosterols to help promote cardiovascular and digestive health.
- An almost perfect essential amino acid complex in conjunction with valuable trace minerals, vital to proper muscle contraction and regeneration.
- The fatty acid content in açai resembles that of olive oil, and is rich in monounsaturated oleic acid. Oleic acid is important for a number of reasons. It helps omega-3 fish oils penetrate the cell membrane; together they help make cell membranes more supple. By keeping the cell membrane supple, all hormones, neurotransmitter and insulin receptors function more efficiently. This is particularly important because high insulin levels create an inflammatory state, and we know, inflammation causes aging.

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# Super foods-Aloe

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Aloe grows in 200 species in Africa, America, Asia and Europe. The gel of raw aloe has vitamins A, C and E, the minerals, sulfur, calcium, magnesium, zinc, selenium, and chromium and antioxidants, fiber, amino acids, enzymes, sterols, lignins, and polysaccharides.

The polysaccharides lubricate the joints, brain, nervous system and the skin. Aloe can be used for digestive problems. The same polysaccharides that make you limber, smart, and beautiful also calm digestion. It cuts the mucous in the intestines and allows for more nutrients to be absorbed. Aloe is also useful in killing candida (yeast). Aloe reduces inflammation, radiation sickness, cancer, heart disease, and diabetes.

Aloe Vera is also an adaptogen. Adaptogens help to balance blood sugar and enhance the liver, digestive system and skin.

You can purchase aloe in whole leaves, bottled as gel or water, dried powder or lotions.

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# Super foods - Cacao

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***"There's nothing better than a good friend, except a good friend with chocolate." – Linda Grayson***

## **Beans – Powder – Butter – Nibs - Paste**

Cacao (chocolate) is one of the most delicious and healthy super foods that exist. It is beneficial with PMS symptoms, good for metabolizing glucose, heart healthy, easing depression and it helps as a delivery agent for many other super-foods like mushrooms, goji berries and spirulina. In addition to supporting cardiac health and lifting moods, cacao is well-known to ease symptoms of PMS, enhance glucose metabolism and may even help prevent colon cancer.

***"All you need is love. But a little chocolate now and then doesn't hurt." – Charles M. Schulz***

Cacao is a seed. Everything chocolate comes from a seed and called cocoa beans. Chocolate does not have sugar or dairy not unless you add it. If you want a delicious, high energy weight loss food; chocolate is your bean!

What is in chocolate and what it does:

- Magnesium – high in magnesium, increases blood flow to heart, brain, muscle cramping, elimination, alkaline, bone strength
- Iron - increases levels in blood improving cell oxygenation
- Chromium - balances blood sugar
- Copper - strengthens blood, immunity

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# Super foods - Cacao

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- Vitamin C, Manganese and Zinc - improves immunity, strengthens liver, pancreas, skin
- Omega-6 Fatty Acids (healthy unless chocolate is cooked...then it is a trans fat)
- Phenylethylamine - focus, alertness, appetite suppressant
- Anandamide - an endogenous cannabinoid neurotransmitter. (effect similar to endorphin experience and what is released after exercising)
- Tryptophan - mood enhancing
- Serotonin - stress defense and resilience (helps you feel good)
- Fiber - aids in elimination
- Methylxantines - antibacterial, cardiovascular
- Oxalic Acid (when cooked is bad for the kidneys)
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There are good reasons to eat chocolate only when raw. The oxalic acid and omega 6 fatty acids become problematic (trans fat and oxalates). There are a lot of delicious ways to use raw cacao!



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# Super foods - Chlorella

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Chlorella contains more chlorophyll—the alkaline-promoting powerhouse—than any other known plant, chlorella is a freshwater green algae with an amazing growth rate that makes it the fastest growing plant on earth.

Not to be underestimated because of its microscopic size, chlorella packs an impressive punch on many fronts. Chlorella is a strongly alkalizing, complete food that shines as a vitamin and mineral supplement. One of the few plant-based sources of B-12, chlorella is a welcome addition to any vegetarian or vegan diet based on this fact alone.

At whopping 65% protein, chlorella is an incredibly efficient source of protein, possessing 19 amino acids—including all ten essential amino acids—as well as essential fatty acids and a host of vitamins, minerals and enzymes. Clean and green, chlorella is being researched as a future alternative to protein farming.

Renowned for its cleansing and detoxifying abilities, chlorella enhances your immune system at a cellular level. Able to quadruple in a single day, chlorella's impressive growth rate stems from a compound called chlorella growth factor (CGF)—combined with nucleic acids (RNA and DNA), the superfood chlorella is a supplement built for healing. Consuming chlorella regularly speeds cell regeneration, enhancing healing, expediting muscle recovery and slowing the signs of aging. The CGF in chlorella stimulates tissue repair, supporting your immune system in times of stress and helping you avoid getting sick. If you choose to take a chlorella supplement, look for one that's had the cell-walls cracked so your body can digest its goodness.

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# Super foods - Coconut

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Coconut tastes delicious and the health benefits are astounding!

Coconut oil can be used as a cleanser, anti-fungal and moisturizer. There is a lot to be said for anything that is chemical free that we can use on our bodies. There are some people who use coconut oil on their faces.

Coconut oil is great to massage into your scalp. It is nice for the hair and the skin.

Coconut oil is great in recipes:

You can use a tablespoon of coconut oil daily in your morning smoothie. It gives it such a nice texture and it is so good for you. Coconut can be used in recipes with chocolate and helps to bind the ingredients as it solidifies. A pinch of coconut oil in hot tea with a pinch of raw cacao for a special treat as well.

Coconut oil can also be used with cashews and stevia to make a delicious frosting. There are a lot of ways to use coconut oil...there are even more reasons why you should.

Coconut oil has lauric acid, caprylic acid, capric acid. These acids give it antimicrobial, antifungal, antibacterial and antioxidant abilities. It is mostly saturated fat, 92% with a small percentage being mono unsaturated and poly unsaturated. Coconut oil is a healthy fat.

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# Super foods-Coconut

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Some of the benefits that are attributed to coconut oil include:

- Weight loss
- Heart disease
- Immunity
- Healing and infections
- Digestion
- Candida
- Kidney stones
- Liver disease
- Diabetes
- Stress
- Bone loss
- Tooth decay
- Alzheimers
- Hormone regulation

“Coconut oil has fewer calories than any other fat source. Unlike the high-calorie, cholesterol-soaked, long-chain, saturated animal fats found in meat and dairy products, coconut cream and coconut oil are made of raw saturated fats containing mostly medium-chain fatty acids that the body can metabolize efficiently and convert to energy quickly.”(Wolfe, 2009)

Coconut oil helps to regulate blood sugar. It is one fat that diabetics can eat without fear.

Coconut oil is useful for bone and dental health because it improves calcium and magnesium absorption. This is good for dental health. It is especially beneficial to women who are at the age to develop osteoporosis.

Be sure to purchase: organic-raw-extra virgin-cold pressed.

There is also coconut water, shredded coconut and coconut butter.

If you choose to add coconut oil to your household, you will not be sorry!

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# Super foods - Goji

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Goji Berry is a superfood that is known for anti aging properties.

They are also called wolfberries. It is a bright orange-red berry that comes from a shrub that's native to China. It is foundational to the Chinese medicine system. In Asia, goji berries have been eaten for generations in the hopes of living longer. Goji berries are an adaptogen\*. They are often recommended for chronic conditions. The health benefit they are best used for is nourishing and supporting healing. Goji berries are not a rich source of vitamin C. They are a wonderful antioxidant, with about 3 times the amount of antioxidants as are found in blueberries! Goji berries are also the only food known to stimulate human growth hormone (hgh) naturally!

## **Qualities:**

- 21 or more trace minerals (zinc, iron, copper, calcium, germanium, selenium, phosphorous)
- Vitamins B1, B2, B6 and E
- Complete protein source (19 different amino acids) (8 essential amino acids)
- Beta sitosterol (anti inflammatory)
- Iron
- Linoleic acid (essential fatty acid)
- Anti-aging sesquiterpenoids

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# Super foods-Goji

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- Vitamins B1, B2, B6 and E
- Complete protein source (19 different amino acids) (8 essential amino acids)
- Beta sitosterol (anti inflammatory)
- Iron
- Linoleic acid (essential fatty acid)
- Anti aging sesquiterpenoids\*
- Betaine (for the liver)
- Antioxidants\*
- Polysaccharides\*

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# Super foods-Goji

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Qualities: (continued)

betaine (for the liver)

antioxidants\*

Polysaccharides\*

Goji berries are available dried, powdered, juiced, extracts, oil, fresh berries and processed into nibs, candies and bars. Goji berries are gelatinous, like chia seeds they can add richness and texture to many recipes.

Goji berries are pretty easy to add to smoothies. By adding goji berries in to our foods, we are bringing it all together...body, mind and spirit. Throw a handful into your next smoothie!

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# Super foods - Maca

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Maca is a turnip-like root vegetable native to the Andean mountains in Peru. Grown at altitudes of 14,000 feet where no other crops can survive, maca is a hardy, resilient plant that's incredibly rich in amino acids, phytonutrients, fatty acids, vitamins and minerals. Maca earns its superfood status not merely on the grounds of this nutritional density, but from maca's true super-power: its renowned—clinically proven—ability to regulate, support and balance hormonal systems in both men and women.

Maca (like ginseng) is classed as an adaptive—an adaptogen is a substance that produces a response in your body which increases your power of resistance against multiple stressors and has a normalizing influence on your body's multiple systems.

Maca has an uncanny ability to regulate and rejuvenate your adrenal glands—an especially important action in a modern life full of uncomplimentary stresses that tire and overwhelm the adrenal system, sapping you of energy and making stress even more challenging. Properly supported, your adrenal gland will restore your stamina, improve mental clarity and your ability to handle stress.

If adrenal support isn't enough to convince you of maca's superfood status, consider this: maca's adaptogenic properties restore hormonal balance in both genders (as proven by scientific studies and human clinical trials).

If you're a man, maca's reputation as "the Viagra of the Herbal Kingdom" may be of interest: used

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# Super foods - Maca

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traditionally in Peru, maca as a fertility and libido enhancer, recent human clinical trials published in a peer-reviewed medical journal showed a 180% increase in libido and a 200% increase in sperm count. If you're a woman, you'll want to remember maca as you approach menopause—it's a non-estrogen alternative to hormone replacement therapy known to relieve the hot flashes, depression and other symptoms of menopause.

Supporting the adrenal gland and balancing hormones with maca has another key benefit: it slows down the aging process and can reverse some of the physical signs of aging.

The impressive resume of the superfood maca can be capped off with one more thing: maca possesses the amino acid building blocks of serotonin, helping your body curtail stress, support mental health and reduce cravings for artificial stimulants, like refined sugar and caffeine.