



Health and Wellness Class

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SUPERFOODS

Too many of us live in a state of poor health and are slowly losing our capabilities. As our quality of life decreases, visits to the doctor increase as man made chemical pharmaceutical drugs and surgery is used to mask the symptoms of a distressed body and fail to get to the underlying root cause of the symptoms and poor health.

Nutrition is the foundation for overall health. The foods we eat hardly ever contain *adequate* amounts of nutrition. Without proper nutrition, vitamins and minerals the human body will not function at its highest level and will experience symptoms of malnutrition and toxicity commonly called disease (*i.e. cancer, depression, A.D.D, arthritis, hypertension, diabetes, obesity, migraines, insomnia, athletes foot, I.B.S, P.M.S, acne, allergies, asthma, S.T.D's, etc*). Foods we commonly eat lack nutrition as a result of processing, refinement and farming practices that leach the soil of its organic mineral/vitamin content. Food will not have more nutritional value than the soil it is grown in. Further, eating highly processed (packaged, fast foods, white foods) also leaches the body's mineral/vitamin reserves. A downward spiraling cycle beginning from childhood, is established as **the body tries to correct the abuse** of poor dietary habits, until finally; the body can no longer manage the toxic overload.

On the path to achieve your best level of health and to **fill in the nutritional void created by poor dietary habits you must cleanse, improve the quality of food, and consume *Superfoods***. These foods are an essential part of a balanced diet. They are unadulterated, **in their natural state and have a dozen or more unique properties**; not just one or two. The power of adding Superfoods to your daily diet means adding **maximum nutrition** (*minerals, enzymes, healthy fats & oils, protein*), **flavor, health, energy with minimum calories**. When you bring Superfoods to your daily routine your energy changes, focus and attention shifts, mood and behavior becomes more balanced due to remineralization of the tissues and improve the severity and symptoms of nearly every major disease condition.

A diet balanced in primarily whole foods, Superfoods and clean water is **the best insurance policy** for health and long life!

Additional Sources of information

Book: Superfoods The Food and Medicine of The Future

By David Wolfe

Web www.sunfood.com. WJLW.e3live.com

The Top 10 Superfoods

The main benefit of these foods is to nourish the body by providing a wide range of nutrients to support the body in healing itself.

Aloe Vera- lubricates joints, brain, nervous system and skin, improve immune function, contains vit A C E, minerals, ease digestive problems, dissolve mucous in the intestines which helps nutrient absorption, anti microbial, inhibit arthritis, reduce inflammation, tonic adaptogen, keeps kidneys healthy, apply topically to heal the skin including athletes foot and fungus.

AFA Blue Green Algae-most digestible and utilizable protein foods in nature, loaded with chlorophyll which helps build blood, stop cancer growth, complete protein source, reduce inflammation, support liver, increase activity of brain chemicals improving alertness and attention, concentration, enhance mood, reduce body weight, reduce symptoms of bi polar disorder, rich source of enzymes, treat viral conditions, chronic fatigue, ADD, fibromyalgia , inhibits HIV and Ebola virus (beginner or child ages 2-9: 1-2tsp/day, normal or child age 10-18: 2-4tsp/day, therapeutic dose 8-10tsp/day, super athlete dose: 8-12tsp/day - add to water or beverage and drink)

Bee Products:

Honey- raw unprocessed honey is a universal medicine, sweetener, nutrient resource, source of live healing enzymes, antifungal, anti viral, antibiotic, heals wounds, relieves ulcers, infections, 18S, staph infections, urinary tract infections, ear infections, meningitis, sore throat, cholera, select honeys that are raw

preferably organic, wild and packaged in glass (-apply topically to burns and abrasions, not recommended for children under age 1 yr)

Bee pollen- high antioxidant, aphrodisiac, fertility improving, increase strength endurance, energy, speed, quick recovery from exercise, return heart rate to normal. Increase muscle growth and definition, relieve type 2 diabetes symptoms by restoring mineral deficiencies, neutralize allergies, rich source of bio-available protein, source of 8 vit & all 22 essential amino acids (start with 1tbls/daily for

children over 5 and adults- increase if desired- store in freezer to preserve highly nutritious state)

Royal Jelly-rejuvenator stimulating effect like caffeine but without negative effects, enhance ability to think clearly, treats glandular and hormonal imbalances, rejuvenate sight and memory (1/2tsp/daily, freeze or refrigerate to preserve)

Propolis-(in biblical times known as myrrh and highly prized for its medicinal qualities) antibiotic, antifungal, antibacterial, antimicrobial, anti-inflammatory, improve immune system, relieve and decrease canker sores (extracts can be added to water by the drop)

(Anyone with a history of blood sugar problem, cancer or any health condition it is a good idea to stay away from sweeteners of any kind for 2-3 months then re-evaluate.)

Cacao - raw chocolate- supports healthy cardiovascular system, best natural food source of antioxidants, magnesium, iron, chromium, manganese, zinc, copper, Vitamin C, omega 6, phenyl ethylamine-weight loss & increase focus/alertness, anandamide (bliss chemical), tryptophan/serotonin (diminishes anxiety and improves stress defenses, fiber (moderate quantity of cacao per person weight 140lbs/ 8-13 beans/day; excessive quantity if someone weighs 200lbs/22-33beans/day)

Coconuts - improve digestion, antiviral, anti fungal, anti microbial, improve blood sugar levels, lessen symptoms of hypoglycemia, improve calcium magnesium absorption, 90+% raw saturated fat- important for building block for every cell of the body, support healthy cholesterol, anti aging, excellent nutrition for infants, great for rehydration, cools the body, increase metabolism, used as a blood plasma substitute-b/c sterile, does not produce heat, or destroy red blood cells and readily accepted by the body, coconut oil great topically for the skin (not recommended for people with high potassium levels/renal failure.

Goji Berries- adaptogen, enhanced stamina, strength, longevity, sexual energy, boost immune function, increase alkalinity and vitality, protects the liver, improve eyesight and blood quality, delivers anti-aging compounds (15-45 grams/day =a handful (there are usually 4-6 dried berries per gram)

Hempseeds- contain all essential amino acids and essential fatty acids necessary to maintain life. raw hemp seed protein powder for those requiring high protein diet, eat alone as snack sprinkle on salads, blend into smoothies, crushed into a milk, add to other superfoods. Beginner/child 15-30 grams/day, teen age 10-18: 30-50 grams/day, age 18+: 50-75 grams/day, super athlete: as much as 140 grams/day)

Maca - enhance strength, stamina, libido, prostate health, adaptogen; stabilize glandular-hormonal system, nervous system, cardiovascular system, increase energy, endurance, oxygen in the blood, physical strength, neurotransmitter production, supports endocrine system, adrenals, thyroid, improve mood, supports healthy hormone production, fertility, increase breast milk production (Two tbs/day; take one wk off during every month of consistent use)

Marine Phytoplankton- best plant source of omega 3, natural source of wide spectrum plant based vitamins, trace minerals, protein, complete protein source, energy without stimulation, improve immune system, decrease aches and pains, normalize blood sugar imbalances, improve concentration, detoxifying, aid in weight loss, improve memory, repair nervous system, sleep better, improve digestion and Circulation, feel younger, improve cellular repair-most nutrient dense alkaline superfood. (beginners: 1-3 drops build to 7 drops/day, intermediate 2-3 months of use:3-4 drops two or more time /day)

Spirulina- 65-71% protein, complete protein source, anti-inflammatory, balance brain chemistry, lower on the food chain=purity, blood builder high in chlorophyll, relieve arthritis, source of dietary sulfur (improves immune, complexion, physical strength, hair's luster, function of liver/pancreas, rid tissues of toxins) (add to smoothies, fresh juices, sprinkle on top salads - beginner/child age 2-9: 3-5 grams/day, age 10-18: 6-10 grams/day, therapeutic dose: 11-20 grams/day, athlete:30+ grams/day)

More Superfoods

Acai, Camu Camu Berry, Chlorella, Incan Berries, Kelp, Noni, Yacon