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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Superfoods

By Melissa Gordon

The Superfoods by Melissa Gordon | October 20 2004

Through clinical studies, observation of long-lived societies and chemical analysis of foods and the substances they contain, a variety of foods have been identified as "superfoods". The vitamins, minerals, fats and other substances particular to these foods have been found to greatly extend life, sooth food allergies and prevent illness.

The superfoods include:

Fruits

Organic or frozen non-organic only:

Blueberries

Lemons

Grapefruits

Limes

Raspberries

Bananas

Tomatoes

Oranges

Nectarines

Apples

Organic and non-organic:

Noni fruit juice

Aloe Vera

Papaya

Mango

Avocado

Tomato based sauces

Coconut (not canned)

The Superfoods

Cranberries
Pineapple
Vegetables
Organic Only:

Broccoli
Spinach
Most dark green leafy vegetables
Cucumber
Organic and non-organic:

Cabbage

Shitake, maitake & reishi mushrooms
Onion
Pickles
Seaweed (is wrapped around sushi)
Blue-Green algae, spirulina & chlorella
Artichoke
Kelp
Most sea vegetables
*note-fruits and vegetables are best juiced

Grains
Organic and non-organic:

Whole and steel cut oats
Barley
Jerusalem artichoke
Non-GMO only:

Mesa corn flour
Animal Products

Yogurt
Eggs
Beef or chicken bone marrow broth
Butter
Grass-fed cattle only:

Raw milk
Raw milk yogurt
Raw milk cheese
Raw beef: organ meats, regular cuts and fats
Cooked beef organ meats: heart, liver, etc

The Superfoods

Cooked beef & chicken fat (insect fed chickens)

Wild Game (not from an urban area)

Fish and all other seafood (not farm raised, not from a polluted river or lake)

Other proteins

With enzyme tablets or enzyme rich foods:

Beans

Almonds

Brazil nuts

Oils

Coconut oil

Sesame oil

Grape seed oil

Olive oil & olives

Borage Oil

Black currant Oil

Wheat germ Oil

Flaxseed oil

Primrose oil

*note— oils are best expeller expressed, which means they are cold processed.

Spices

Garlic

Hot chilies

Horseradish

Oregano

Apple cedar vinegar

Mustard

Turmeric

Onion powder

Oregano

basil

Dried Yeast

Cloves

Ginger

Curry

Paprika

Unmodified sea and earth salts

Almost all spices except Monosodium Glutamate (MSG)

*note—fresh is best

These are superfoods Compared to Sugar:

The Superfoods

Honey

Molasses

Steva (very sweet tasting natural substance)

Real Maple syrup

*note– non–organic produce is best bought frozen; all other foods are best fresh, second best is frozen

Studies of these foods have revealed that they fight: viruses, fungus, bad bacteria, heart disease, diabetes and mental health disturbances. Coconut oil has even been shown to raise IQ and ease aggression because it contains DHA and AHA. These fatty acids are also found in human breast milk and are now being extracted from coconut oil and added to infant formulas.

Dr. Steven Pratt, whose list of recommended foods is less extensive than this one, says "The right foods can actually change the course of your biochemistry. They can help to stop the damage at cellular levels that can develop into disease." Dr. Steven Pratt is a Californian Plastic Surgeon.

World–renowned researcher DDS Weston A. Price also promoted these foods based on his worldwide study of indigenous societies as well as his laboratory findings. Dr. Price's Foundation has recommended these foods since his death in the forties and his recommendations continue to be validated by scientific studies.

References & Resources:

–Weston A. Price Foundation

–"Let's talk turkey about longer life" Michelle Pountney, science reporter, Feb. 25, 2004
heraldsun.news.com.au.

–National Database of Grassfed Beef and Free–Range Poultry

–National Database of Organic Produce

Melissa is a health writer and researcher at <http://www.suppressedhealth.com>.

Simple Ways to Get Slim, Drop Cellulite and Increase Breast Size Without Surgery

By Carina MacInnes

Warning: Side effects may include increased energy, better mood, mental clarity, renewed health, and incredible self–esteem.

Whether you're struggling with that last stubborn 10–20 pounds or considering gastric bypass surgery, this article is for you! You can achieve your beautification goals naturally and easily with the simple advice found in this article.

The problems many of us have encountered in losing weight have not been because we didn't understand the basic physics of eating less and exercising more. It is because, no matter how hard we try, we have not been able to follow through. Cravings get in the way, and the sweets and fatty fried junk foods become irresistible.

The Superfoods

It becomes a vicious cycle, we eat junk and then we find we don't have enough energy to exercise. By overeating and exercising less than we should, weight loss becomes very difficult. The first thing to do is address the issue of cravings – and not through some artificial appetite suppressant.

Cravings are often a sign. The body is telling you something is out of balance. Cravings can be a signal of the early stages of a vitamin deficiency. The body can compel you to overeat as it seeks vital nutrients it is lacking. It's ironic that we can eat so much and get so little nutrition while seeking to fill the gap by eating more lifeless, dead and nutrient depleted foods.

Ensuring that your body receives all the proper nutrition it needs makes weight loss far easier.

Getting the right nutrition with your diet can seem difficult. Your body needs a whole rainbow spectrum of nutrition, and you may only like red, orange and green.

Don't despair – there is a quick and easy way to make sure you are getting all the nutrition your body needs to help eliminate your cravings. You need to eat and drink powerful superfoods!

Superfoods contain vital nutrients and powerful antioxidants. The number one superfood, according to Dr. Nicholas Perricone, is the Acai berry, which is a little known fruit of the Amazon rainforest. Number two is garlic.

Another very powerful superfood is Yerba Maté, a South American plant beverage. Like Acai, it contains many vital nutrients and antioxidants - in fact, it contains pretty much everything you'd see in a daily multivitamin, and then some more! Plant nutrients such as this are best ingested in their live natural state, making it a far superior source of nutrition than any vitamin supplement.

Yerba Maté has even been used as a food substitute due to its rich nutritional profile. It helps to eliminate feelings of hunger and gives the sensation of having had a full meal. Yerba Maté has been recognized for helping to lose weight.

Now that you are ingesting live superfoods such as Yerba Maté, garlic, and the potent Acai berry, you have addressed your body's full spectrum of nutritional needs virtually effortlessly with a few simple

foods. Your cravings are decreased and you are eating less, and more healthily. You also find that you have a lot more energy. This in turn helps you to exercise!

Exercise regularly, incorporating stretching, aerobics, and strength training. There are many various combinations you can tailor for your needs, such as Yoga, Tae Bo, and Pilates, or a traditional gym routine. Having incorporated superfood nutrition you will be amazed at how much more you can do than before. You will also notice enhanced results of the exercise you do, as superfoods like Acai and Yerba Maté will also help to increase your metabolism.

Now your cellulite will start to disappear! The combination of eating less and exercising more plus the powerful antioxidants help your body to detoxify and flush out the junk stored in your fat cells. As you

The Superfoods

stop eating junk, lose weight and tone up, your cellulite will naturally disappear.

While you're losing weight, it's very possible you will lose some fat from your bust! You'll want to restore the fat – in the right places of course! Don't resort to plastic surgery, you can save a lot of money, risk and danger by doing this yourself the natural way.

You may have heard of natural breast augmentation. It actually does work, as long as you are using the right product. Apply a powerful nutraceutical breast augmentation cream for 1–6 months. You can develop your breasts to the size you want them. Most women experience an increase of 1–2 cup sizes with the right product such as this:

<http://tinyurl.com/bupg5>

Follow these simple steps to meet your beautification goals and find yourself healthy, glowing, stronger and more beautiful than ever before, inside and out.

Carina MacInnes is a writer and researcher offering a simple way to benefit from the superfoods Acai and Yerba Maté by adding this top–quality liquid nutrient to your diet:

<http://acai-4life.com>

– Visit now to

learn more about the amazing benefits of superfood nutrition.

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