

THE SUPERFOOD BOOK: A CONCISE A - Z SCIENTIFIC GUIDE TOWARDS HEALTH AND WELLNESS



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"Highly recommended for anyone on a journey towards health and wellness." - Douglas Jefferson, MBBS, DM, FRCS

Bonus Included on Herbs

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To those who will pick up this book and embark on their own journey towards living their best life, I encourage you to stay the course. Know that it is not always easy, but with the right mindset and support system, you can achieve anything you set your mind to. May the knowledge and insights shared in these pages be a source of inspiration and empowerment, and may you find the strength and determination to make meaningful changes in your life. Thank you for allowing me to be a part of your journey.

Introduction

History taught us that breakfast is the most important meal of the day. Instructing us to eat breakfast like a king, and eat dinner like a pauper. This was what I did. Prior teachings have conditioned us to eat three meals a day, to eat everything on our plates, and to not waste food.

Some food industries prepare snacks in unhealthy oils, high sodium, or lace these snacks with refined sugars and other harmful chemicals. Some food industries taint healthy foods with disease-forming ingredients to make it (more) palatable. Fast foods are cheaper than a nutritious meal. Their adverts are becoming more visually pleasing, leaving a mental imprint that forces the need to purchase and consume this junk.

Why does dehydrated fruit need sugar added to it? Why does bread have sugar included as one of its ingredients? Why? Because sugar is addictive, and sugar sells. Why must a simple product have over 10 ingredients, when it literally can have only three? Take bread, for example. We can make bread from flour (of any kind, including oat flour), sourdough mix and water. Likewise, bread can be made from flour, water, and salt. Processed foods are killing us.

It is important to read the ingredients of the foods we consume. Less is more. The fewer ingredients our food contain, the better it is for us. According to the Centers for Disease Control and Prevention (CDC), cardiovascular diseases are still the number one cause of death and disability globally. Each year, hypertension kills over 10 million people worldwide. For decades now, diabetes, heart attack and obesity are no longer unique to the older population. Cardiovascular diseases are preventable. Eating high quality foods and consuming fruits and vegetables in their most natural form is best.

The stressors of life weigh us down sometimes, which cause us to neglect our health. Our body is sensitive enough to give us little nudges or reminders that say "hey, I am being neglected." Together, we can prevent cardiovascular diseases. The hardest part of the journey is the beginning. The most rewarding parts of the journey are the individual and collective positive results. Begin or continue the journey knowing that you are not alone. We can beat chronic illnesses. We can beat debilitating cardiovascular diseases. Be consistent, and I wish for you a happy and healthy journey.

CHAPTER 1

What Are Superfoods: An Overview

The coined term "superfood" dates back to the 20th century. So, what makes a food "super"? Foods are "super" if they are rich in vitamins, minerals, dietary fiber, protein, unsaturated fats, high-density lipo-proteins (HDL), and/or certain types of phytonutrients or polyphenols. Polyphenols are anti-carcinogens. Anti-carcinogens protect against cancer by killing tumor cells or by inhibiting tumor cell growth. Superfoods promote good health and provide other disease-fighting benefits.

Superfoods share certain common characteristics. These common characteristics include being nutrient dense, have a high bioavailability, have low toxicity levels, and a high Oxygen Radical Absorbance Capacity (ORAC) value. There are thousands of superfoods, some of which are discussed at length later in this book.

There are certain foods which contain relatively high levels of these "superfood" compounds which, based on evidence, are truly "super" for human health. To maximize on the health benefits of superfoods, a combination of these foods is necessary. Consuming one type of superfood will not lead to optimal or good health.

Nuts, avocados, olive oil, coconut oil, and salmon contain healthy fats. They provide long-term energy and keep you feeling satisfied. Saturated fats found in red meat and dairy products are not healthy if consumed regularly and in large amounts. Trans fat, hydrogenated fat and saturated fat increase your blood cholesterol levels. This cascade effect then clogs your arteries and cardiovascular diseases may result.

To reinforce, superfoods are the nutritional powerhouse of any healthy lifestyle. The more common super foods and their health benefits will be discussed in this book. Remember, quality of life is a combination of happiness and health. Would you choose to live for a hundred years and have a poor quality of life, or instead, live for 75 years and have a good quality of life? You decide.

CHAPTER 2

Evidence-Based Bites About Superfoods

Superfoods can lower your risk of heart disease, cancer, diabetes, arthritis, and many other degenerative diseases. Eating superfoods regularly will have a positive dramatic effect on your health. A diet rich in superfoods can make you look and feel younger and control your body weight and energy levels. Scientific evidence supports the fact that older people who eat the most superfoods have the slowest rate of aging. Avocados, for example, are an excellent source of monounsaturated fat, which lowers blood cholesterol levels.



Powerhouse of Antioxidants

Superfoods are power packed with antioxidants. Some superfoods have a higher concentration of antioxidants than others. Antioxidants slow the aging process, fight free radicals, reduce oxidative stress, decrease cancer risk, slow the aging process, protect the eyes, and boost brain power and mental health. Antioxidants can reduce one's risk of cardiovascular diseases, Alzheimer's dementia, and Parkinson's disease.

Decrease Menopause Symptoms. Boosts Sexual Performance

Other studies show that women who eat superfoods have significantly lower rates of menopausal symptoms and a longer duration of their menstrual "life" cycle. One study showed that premenopausal women who ate superfoods had a 39% lower risk of developing cancer. Several other studies have shown that acai berries may enhance sexual performance in both men and women.



CHAPTER 3

DICTIONARY OF THE SUPERFOODS



A-Z SUPERFOOD GUIDE

This section will highlight the health benefits of a wide range of superfoods. Thousands of superfoods exist. I did not exhaust the list of superfoods in this book. However, some of the most common and "super" of the superfoods are discussed. As you progress through this book, you will have a better understanding of why certain superfoods look the way they do, and the significance of their color. There is no coincidence in the shape, color, and taste of some of these superfoods. They are deliberately and intentionally designed by nature to be this way.

Color is one of the most important aspects of superfoods. For example, some colors listed in this book will range from red, blue, green, purple, orange, yellow, and pink. These colors all have their own unique meaning and purpose for making that food "super".

I am often asked, "why is walnut shaped like a brain?", or "why do some fruits and vegetables have a richer color or hue than others?". I will address the answers to these questions as we delve into each superfood.