

Super Foods Originality



A PERFECTLY CRAFTED GUIDE ALL ABOUT SUPER FOODS

Disclaimer

This e-book has been written for information purposes only. Every effort has been made to make this ebook as complete and accurate as possible.

However, there may be mistakes in typography or content. Also, this ebook provides information only up to the publishing date. Therefore, this ebook should be used as a guide - not as the ultimate source.

The purpose of this ebook is to educate. The author and the publisher does not warrant that the information contained in this e-book is fully complete and shall not be responsible for any errors or omissions.

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this ebook.

I hope this Meticore review helps you a little bit, that was my intention in recommending this e-book.

Meticore is a supplement made from natural Japanese herbs and all of its components are approved by the FDA (Japan is known for its traditional herbal treatments for many diseases). I'm used the product for four months and I felt many differences in my body. As I stated in this video, I'm glad about the results, but I do have some alerts about the product.

I use it every day during breakfast - one scoop per day into a glass of water. It turns into a tonic that makes our metabolism work faster. Meticore is a very popular product today since it treats weight loss and eliminates fat in a natural and definite way. As I said, I used the product for 4 months and could see results, but during this time, I also exercised and tried to introduce into my life better health habits, which helped me a lot in my weight and fat loss.

I have been trying weight loss supplements for years and it only was recently that I stumbled upon Manticore. You can see from my transformation pictures that it did really work for me but I must tell you that I was very disciplined this time.

So if you are trying, do a complete 3 monthly course and don't miss it. That is the key to its success. So if losing weight is your goal, do give Meticore a try.

WebSite+ Discount: <https://bit.ly/3uXPMV4>
Start typing text...

A handwritten signature in black ink, appearing to be 'Meticore' or similar, written in a cursive style.

Table of Content

Introductory	4
Chapter 1: Nutrition - The Super Foods That Keep You Healthy	8
Chapter 2: You Really Are What You Eat.....	13
Chapter 3: Color Your Way to Daily Health	15
Chapter 4: Superfoods For Age-Defying Beauty	17
Chapter 5: Superfoods for a Super Long Life	21
Chapter 6: Superfoods for Super Skin.....	23
Chapter 7: Superfoods that Squash Stress.....	25

Introductory

We all hear about the many wonderful foods that are good to eat, and good for us. We always hear about eating fruits, and vegetables, and nuts.

But that's a big list to sort through, and wouldn't it be simpler to have a few super foods that you can always turn to? To help you in your endeavors to lead a healthy lifestyle and a healthy life you can use the list compiled below as quick reference list of 9 super foods. These super foods and 14 others can be found in Superfoods Health-Style, by Steven G. Pratt M.D.

Apples

Apples are a great food for many reasons including the ability to reduce the risk of heart disease, certain cancers, high blood pressure, and type-2 diabetes. They also benefit the respiratory system by preventing lung cancer and asthma.

By consuming apples your body gets fiber, potassium and antioxidants, such as Vitamin C and polyphenols. Studies show that the real benefit comes from the synergistic interaction between these ingredients.

To take best advantage of apples for your health, eat a wide variety and make sure that you eat the peel, which contains several times more antioxidants than the inside. As they say, eat an apple a day.

Avocados

When you want to help your body absorb more nutrients from the foods you eat, have an avocado too. Fat soluble phytonutrients, like beta-carotene, are more easily absorbed by the body because of the monounsaturated fat in the avocado.

Avocados also help you keep your weight down because they help you feel full, which triggers your body to stop eating. They are calorie rich at 48 calories per ounce, so for best results eat one-third to one-half an avocado two to three times a week.

Dark Chocolate

When you want a little indulgence with your health food, try dark chocolate. It contains lots of polyphenols which lower blood pressure and is a natural anti-inflammatory. You should keep in mind that blood pressure lowering qualities are only in dark chocolate, but not in its cousin, milk chocolate.

In 2000 a study published by the American Journal of Clinical Nutrition showed that the effect on blood flow from high flavanol cocoa was similar to taking a low-dose aspirin. These means that dark chocolate could possibly be used to treat ailments like minor pains or headaches.

For the best results use Newman's Own Sweet Dart Chocolate, as Dr Pratt has found it has more polyphenols than any other dark chocolate he has found. Like avocado, chocolate is high in calories, so shoot for no more than 100 calories a day.

Olive Oil

There has been much discussion lately about the benefits of the Mediterranean diet. Well olive oil is one of the main components of that diet and its benefits are outstanding. It is a great substitute for other oils and fats and has been shown to reduce the risk of breast and colon cancer, lower blood pressure, and improve the health of your cardiovascular system.

For best results take a tablespoon a day of extra virgin olive oil that is cold pressed and greenish in color. This green color helps you spot high levels of polyphenols.

Garlic

Another component of the Mediterranean diet, Garlic is great for your cardiovascular system. By eating garlic regularly, you can reduce your blood pressure, triglyceride levels and your LDL(bad) cholesterol. Garlic also has anti-inflammatory agents and antibiotic properties.

To grab all the health benefits of garlic, eat one clove several times a week. Raw garlic is best, but cooked is good too. Keep in mind that dried garlic and garlic supplements don't have the same benefits as fresh garlic.

Honey

Honey is not often seen on many lists of healthy foods, but don't let that fool you. Eating honey daily increases the amounts of antioxidant in the blood, helps to prevent constipation, and reduces cholesterol and blood pressure.

If you are running low on energy, reach for the honey, not sugar. Honey does a better job of maintaining blood sugar and energy than other sweeteners. And choose dark honeys over light ones, because they are higher in antioxidants and flavor. One to two teaspoons several times a week should do the trick.

Kiwis

If you want extreme quantities of Vitamin C and E that can reduce risk of asthma, osteoarthritis, and colon cancer, and boost your immune system, then grab a kiwi or two. An interesting point to keep in mind is that dietary vitamin E appears to lower the risk of Alzheimer's, and by consuming kiwis, you get vitamin E without the calories that most other vitamin e rich foods contain, like nuts and oils.

Another stellar ingredient is lutein, which lowers the risk cataracts and macular degeneration. To get all the above benefits and reduce the risk of blood clots, then consume one kiwi, two to three times a week.

Onions

For the benefits of onions, you can just reread the benefits of garlic, because they are pretty much the same.

Try to eat dishes containing onions at least three times a week, and make sure that you let the onion sit for 5 to 10 minutes after you cut it open. If you apply heat too soon you will deactivate the thiopropanal sulfoxide, which is the substance in the onion that gives us the most heart benefits. And remember the more pungent the onion, the better it is for you.

Pomegranates

Pomegranates are packed with tons of phytochemicals like potassium, which is great for lowering your blood pressure. Studies also suggest that pomegranates can slow the progression of prostate cancer and reduce the risk of atherosclerosis.

Instead of fighting with the little pulpy seeds to get your dose of pomegranate, try four to eight ounces of 100% juice several times a week. Be sure to stay away from juices with added sugar.

Chapter 1: Nutrition - The Super Foods That Keep You Healthy

Get ready to experience a volume of information of the healthiest foods in the world.

Here is a list of the top ten super foods that most health experts agree on. You should tell everyone you know about these foods and enjoy them at your next meal. From fruits and vegetables, to whole grains, nuts, beans and legumes, this power-packed nutritional inventory will take you into the best years of your life and beyond.

Fruits

1. Cantaloupe

Only a quarter of cantaloupe provides almost all the vitamin A needed in one day. Since the beta-carotene in a cantaloupe converts to vitamin A, you get both nutrients at once. These vision-strengthening nutrients may help reduce the risk of developing cataracts.

Like an orange, cantaloupe is also an excellent source of vitamin C, which helps our immune system. It is also being a good source of vitamin B6, dietary fiber, folate, niacin, and potassium, which helps maintain good blood sugar levels and metabolism. This pale orange power fruit may help reduce our risk of heart disease, stroke, and cancer.

2. Blueberries

These mildly sweet (and sometimes tangy) berries offer a high capacity to destroy free radicals that can cause cancer. Low in calories, they offer antioxidant phytonutrients called anthocyanidins, which enhance the effects of vitamin C. These antioxidants may help prevent cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease and cancer.

Vegetables

3: Tomatoes

Tomatoes help us fight against heart disease and cancers such as colorectal, prostate, breast, endometrial, lung, and cancer of the pancreas. Tomatoes are also good sources of vitamin C, A, and K. In a 2004 study, it was found that tomato juice alone can help reduce blood clotting.

Fresh, organic tomatoes deliver three times as much of the cancer-fighting carotenoid lycopene. Even organic ketchup is better for you than regular ketchup! Look for tomato paste's and sauces that contain the whole tomato (including peels) because you will absorb 75% more lycopene and almost two times the amount of beta-carotene.

4: Sweet Potatoes

As an excellent source of vitamin, A, C, and manganese, sweet potatoes are also a good source of copper, dietary fiber, vitamin B6, potassium and iron. Those who are smokers or prone to second-hand smoke may benefit greatly from this root vegetable that helps protect us against emphysema.

For a unique dessert, cube a cooked sweet potato and slice a banana. Then lightly pour maple syrup over the top and add a dash or two of cinnamon. Add chopped walnuts for an even healthier kick.

5: Spinach and Kale

A cancer-fighter and cardio-helper, spinach and kale top the list as far as green leafy vegetables are concerned. Much like broccoli, they provide an excellent source of vitamin A and C. Kale is a surprisingly good source of calcium at 25% per cup, boiled. Vitamin K is abundantly found in spinach as well, with almost 200% of the Daily Value available, to help reduce bone loss.

Whole Grains

6: Whole Grain Bread, Pasta and Brown Rice

Whether it's bread or pasta, the first thing to check for when purchasing whole grain bread and pasta is to make sure it is 100% whole grain.

Remember to check the list of ingredients on the package. For example, look for the exact phrase "whole wheat flour" as one of the first ingredients listed in whole wheat bread. If it's not listed as such, then it's not whole grain. Wheat bran is a cancer-fighting grain that also helps us regulate our bowel movements.

Brown rice is also a better choice than refined grain (white rice) for the same reason as choosing whole wheat bread. Whole wheat flour or brown rice that turns into white flour or white rice actually destroys between 50-90% of vitamin B3, vitamin B1, vitamin B6, manganese, phosphorus, iron, and all of the dietary fiber and essential fatty acids we need.

Even when processed white flour or white rice is "enriched," it is not in the same form as the original unprocessed kind. In fact, 11 nutrients are actually lost and are not replaced during the "enrichment" process!

Nuts

7: Walnuts

These nuts are packed with omega-3 fats, which is one of the "good" fats. A quarter cup of walnuts would take care of about 90% of the omega-3s needed in one day. Walnuts provide many health benefits including cardiovascular protection, better cognitive function, anti-inflammatory advantages relating to asthma, rheumatoid arthritis, and inflammatory skin diseases like eczema and psoriasis. They can even help against cancer and also support the immune system.

Beans and Legumes

8: Black Beans and Lentils

While black beans are a good source of fiber that can lower cholesterol, so are lentils. The high fiber content in both black beans and lentils helps to maintain blood sugar levels. Also, a fat-free, high quality protein with additional minerals and B-vitamins, black beans and lentils fill you up and don't expand your waistline.

A complete, one-stop source of using a variety of beans and lentils comes easy when you can find a bag of 15-bean mix (includes black beans, lentils, navy, pinto, red, kidney, etc.) at the grocery store. Consider making a

delicious soup with the addition of tomatoes, onions, garlic and your favorite spices with this bean mixture.

Dairy

9: Skim Milk and Yogurt

Skim milk (or low-fat) helps to promote strong bones, offering an excellent source of calcium, vitamin D, and vitamin K. These nutrients help protect colon cells from cancer-causing chemicals, bone loss, migraine headaches, premenstrual symptoms, and childhood obesity. Recent studies also show that overweight adults lose weight, especially around the midsection, when consuming low-fat dairy such as skim milk and yogurt.

Yogurt also includes the essential nutrients such as phosphorous and vitamin B2, vitamin B12, vitamin B5, zinc, potassium, and protein. Yogurt's live bacterial cultures also provide a wealth of health benefits that may help us live longer and strengthen our immune system.

Seafood

10: Salmon

Salmon is high in protein, low in saturated fat and high in omega-3 fats (the essential fatty acids that are also found in those walnuts mentioned earlier). Salmon is a heart-healthy food and is recommended to eat at least twice a week.

When choosing salmon, it's best to stay away from farm raised and select wild instead. Research studies show that farmed salmon may cause cancer because it may carry high levels of carcinogenic chemicals known as polychlorinated biphenyls (PCBs).

Others

Green Tea and "Power" Water

Although not food per say, the health benefits of these beverages are worthy of mentioning.

Super Foods Originality

Green tea has beneficial phytonutrients and lower levels of caffeine than all other teas. The more research studying green tea, the more health benefits are found. A cancer fighter as well, green tea has antioxidant effects that lower risks of bacterial or viral infections to cardiovascular disease, cancer, stroke, periodontal disease, and osteoporosis.

Water packed with vitamins and/or naturally sweetened fruit are also the newest trend. Some offer a full day's supply of vitamin C while others promise no artificial sweeteners with a full, fruity taste.

As you can see, the top ten super foods are worth every bite (or sip). Now that you know which foods can help save your life, what's more important than investing in your health?

Chapter 2: You Really Are What You Eat

Recent dietary research has uncovered 14 different nutrient-dense foods that time and again promote good overall health.

Coined “superfoods,” they tend to have fewer calories, higher levels of vitamins and minerals, and many disease-fighting antioxidants.

Beans (legumes), berries (especially blueberries), broccoli, green tea, nuts (especially walnuts), oranges, pumpkin, salmon, soy, spinach, tomatoes, turkey, whole grains and oats, and yogurt can all help stop and even reverse diseases such as hypertension, diabetes, Alzheimer’s, and some forms of cancer.

And where one might have an effect on a certain part of the body, it can also affect the health of other body functions and performance, since the whole body is connected.

With these 14 foods as the base of a balanced, solid diet, weight loss gimmicks and other fly-by-night programs can become a thing of the past in your life.

Conversely, the ill-effects of an unbalanced diet are several and varied. Low energy levels, mood swings, tired all the time, weight change, uncomfortable with body are just a few signs that your diet is unbalanced. An unbalanced diet can cause problems with maintenance of body tissues, growth and development, brain and nervous system function, as well as problems with bone and muscle systems.

Symptoms of malnutrition include lack of energy, irritability, a weakened immune system leading to frequent colds or allergies, and mineral depletion that can trigger a variety of health concerns including anemia.

And since the body is connected, realizing that an unhealthy body will result in an unhealthy spirit only makes sense. When we nourish our body with these superfoods and complement them with other nutrient-dense and healthy fresh foods, our spirit will be vitalized and healthy as a direct result.

Many modern diets based on prepackaged convenience foods are sorely lacking in many vitamins and minerals, which can affect our mental capacities as well, and cause irritability, confusion, and the feeling of 'being in a fog' all the time.

Superfoods can be the basis of a sound, healthy, nutritious solution to curing many of these ailments and more.

Chapter 3: Color Your Way to Daily Health

It's important that we eat plenty of different fruits and vegetables every day.

Diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.

You've probably heard about the 5 A Day for Better Health program. It provides easy ways to add more fruits and vegetables into your daily eating patterns. It's vital that we eat a wide variety of colorful orange/yellow, red, green, white, and blue/purple vegetables and fruit every day.

By eating vegetables and fruit from each color group, you will benefit from the essential vitamins, minerals, and fiber that each color group has to offer alone and in combination.

There's several different yet simple ways to start incorporating vegetables and fruit into your familiar and favorite meals. You can begin your day with 100 percent fruit or vegetable juice, slice bananas or strawberries on top of your cereal, or have a salad with lunch and an apple for an afternoon snack.

Include a vegetable with dinner and you already have about 5 cups of fruits and vegetables. You may even try adding a piece of fruit for a snack or an extra vegetable at dinner.

Don't be afraid to try something new to increase your vegetable and fruit intake. There are so many choices when selecting fruits and vegetables. Kiwifruit, asparagus, and mango may become your new favorite. Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers and red peppers.

Get in the habit of keeping fruits and vegetables visible and easily accessible – you'll tend to eat them more. Store cut and cleaned produce at eye-level in the refrigerator, or keep a big colorful bowl of fruit on the table.

Chapter 4: Superfoods For Age-Defying Beauty

This article explores the World's Top 6 superfoods for ultimate age-defying beauty.

6 superfoods for age-defying beauty:

1) Goji Berries

Goji berries, Hollywood's hottest new food, are one of the most nutritionally dense foods on earth and house a staggering concentration of vitamins, minerals, amino acids, phytochemicals and essential fatty acids. With such an awesome constitution it is not surprising they are reputed anti-aging marvels.

Originating in Tibet and greatly favored in traditional medicine these dried berries have many noted health benefits including boosting immunity, lowering cholesterol, enhancing vision, fighting cancer cells, relieving depression and aiding weight loss.

Goji berries contain 500 times more vitamin C than oranges by weight and more beta-carotene than carrots making them a superb source of vitamin A. Together with vitamin E and essential fatty acids, these berries are ideal for any anti-aging and beauty regime.

They also contain polysaccharides, one of which has been found to stimulate the secretion of the rejuvenating human growth hormone by the pituitary gland, as well as B vitamins, 21 minerals and 18 amino acids.

The most well documented case of longevity is that of Li Qing Yuen, who lived to the age of 252. Born in 1678, he is said to have married 14 times with 11 generations of posterity before his death in 1930. Li Qing Yuen reportedly consumed goji berries daily.

A study cited in Dr. Mindell's book 'Goji: The Himalayan Health Secret', observed that 67 per cent of elderly people that were given a daily dose of

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

