

48 Condition Specific Super Food Remedies



By Traverse Bay Farms – America's Super Fruit Company

www.TraverseBayFarms.com

Legal Notice:-

While every attempt has been made to verify the information provided in this Ebook, neither the author nor the distributor assume any responsibility for errors or omissions. Any slights of people or organizations are unintentional and the development of this Ebook is bona fide.

This Ebook has been distributed with the understanding that we are not engaged in rendering technical, legal, accounting or other professional advice. We do not give any kind of guarantee about the accuracy of information provided. In no event will the author and/or marketer be liable for any direct, indirect, incidental, consequential or other loss or damage arising out of the use of this document by any person, regardless of whether or not informed of the possibility of damages in advance.

This book is not medical advice. If you believe you need medical advice, consult your health care provider immediately. Please consult your doctor or medical health professional prior to following or implementing any of the information in this material.

The statements on this website have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Company Information:-

Traverse Bay Farms only offers super fruit products. Our super fruit products including super fruit supplements (tart cherry, wild blueberry, pomegranate, cranberry/flaxseed and Cherry Prime), dried fruit, cherry juice concentrate and awarding winning fruit and gourmet salsa.

Our salsa's fruit and gourmet salsa was voted #1 salsa in America two years in a row. Our salsa's won top awards in both 2007 and 2008 at America's Best Professional Food Competition. The America's Best food competition is the nation's largest and most respected food show in America. Here is an overview of the awards we won:

Salsa General – All Category:

1st PLACE - 2008: Traverse Bay Farms – Peach Salsa

2nd PLACE - 2007: Traverse Bay Farms – Corn Salsa

Salsa – Fruit Category:

1st PLACE - 2007: Traverse Bay Farms – Pineapple Salsa

3rd PLACE - 2007: Traverse Bay Farms – Raspberry Salsa

3rd PLACE - 2008: Traverse Bay Farms – Peach Salsa

Salsa – Bean Category:

1st PLACE - 2007: Traverse Bay Farms – Bean Salsa

Visit our website at www.traversebayfarms.com to learn more about our awards and our selection of award winning salsas. You can also contact us toll-free at 1-877-746-7477. Feel free to send us your comments, photos or video testimonials about any of the information in this book.

Table of Contents

1 - You Really Are What You Eat	5
2 - The Rise of the Wellness Nation - Prevention is Worth a Pound of Cure.....	7
3 - Color Your Way to Daily Health.....	8
4 - Getting Your Nutrition from Real Food is a Good Habit for Life	10
5 – Super Foods for Super Weight Loss.....	12
6 - Smart Food Choices to Flush the Fat	14
8 – Superfoods for your Brain	18
9 – Superfoods to Rejuvenate Body, Mind and Spirit.....	20
10 – Superfoods that Help Heartburn	22
11 – Superfoods to Stomp out a Cold	24
12 – Superfoods for Fighting the Flu.....	26
13 – Superfoods for Super Bones	28
14 - Superfoods that have your Heart in Mind	30
15 – Superfoods for Conquering the Pain of Arthritis.....	32
16 – Superfoods for a Super Long Life	34
17 - Superfoods for Healthy Hair	36
18 – Superfoods that Fight Depression.....	38
19 – Superfoods for Super Sex	40
20 – Superfoods to Help you Manage Your Monthly Menstruation	42
21 – Superfoods for a Smooth Transition into Menopause	44
22 - Superfoods for a Healthy Prostate.....	46
23 – Superfoods for Erectile Dysfunction	48
24 – Superfoods for Healthy and Natural Conception	50
25 – Super Strategies for Stamping Out Acne.....	52
26 - Superfoods to Fight Flatulence	54
27 – Superfoods that Battle the Herpes Virus	56
28 – Superfoods for Hives Relief.....	57
29 – Superfoods for Getting Over Food Poisoning.....	59
30 – Superfoods to Alleviate the Symptoms of Gout.....	61
31 – Superfoods for a Super Pregnancy	63
32 – Nutritional Hope for Schizophrenic Patients.....	65
33 - Superfoods for Sinusitis Relief.....	67
34 – Superfoods for Super Skin	69
35 – Superfoods for Relief from Chronic Fatigue Syndrome	71
36 – Superfoods for a Spiffy Circulatory System.....	73
37 – Superfoods to Combat Cirrhosis of the Liver	75
38 – Superfoods that Get you Moving.....	77
39 – Super Solutions for Crohn’s Patients	78
40 – Superfoods for a Superior Thyroid.....	80
41 – Jump for Joy and Juice!.....	82
42 – Organic Foods Equal Improved Health	84
43 – Raw Foods Diet is Beneficial to Your Health	86

44 – Hay Diet Treats Chemical Condition of the Body	88
45 – Water is our Body’s Lifeblood	89
46 – Macrobiotic Diet Helps Balance Your Diet and Your Life.....	91
47 – Healthy Diet Essentials	93
48 - Superfoods to Fend of Alzheimer’s disease.....	97

1 - 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 free radical 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 maintain a healthy lifestyle. 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.

2 - The Rise of the Wellness Nation - Prevention is Worth a Pound of Cure

It seems like everywhere you look, there's a new pill or medicine that will 'instantly cure' your sickness, disease or health issue. And while taking a pill to cure what ails you might be convenient and simple, maybe it's really time to sit down and take a good, long look at what you're feeding your body, or as it might be, not feeding your body. Are you truly giving your body the nutrients it needs to take care of itself? Most of us find when we take a look at what we've been eating that the choices we've been making in the name of convenience, simplicity, or saving time have actually been detrimental to our overall health – body, mind and spirit.

Our modern day diet largely consists of excessive consumption of starch, sugar, fried and fatty foods.

Healthy foods and good nutrition can not only help keep you fit, but treat disease as well. You may not even have to go to a health food store. You can purchase them right at your grocery store, or make a trip to your local farmer's market. And if you focus on basing a healthy, well-balanced diet on the 14 "Superfoods," the detrimental effects of these diseases can be slowed, stopped or even reversed.

And when you nourish your body physically with these nutrient-dense foods, your mental capacities increase, and your spiritual wellness is enhanced as well. In addition, since your spiritual health is optimal, it will shine through to the outside, and people will notice you're happy, calm, and that your stress levels have decreased dramatically.

So look for ways to cut the junk out of your daily eating and replace it with members of the Superfoods group. Your body, mind and spirit will all be healthier as a direct result.

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 serious ailments. 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.

4 - Getting Your Nutrition from Real Food is a Good Habit for Life

Many people think popping a multi-vitamin supplement to get their nutrients is just as good as what comes from real foods. They don't realize that it is far better to get vitamins and minerals from natural foods and juices. Our bodies utilize the



vitamins and minerals from real foods more efficiently. And most people find it much easier to select a variety of whole foods they enjoy eating instead of trying to make heads or tails of the entire selection of vitamin and mineral supplements that are available. And any of us who've swallowed a multi-vitamin or a mineral supplement can say without a doubt that the taste leaves a lot to be desired

Supplements are convenient way to get the natural health benefits of the underlying main ingredient. For example, tart cherry capsules and tart cherry juice helps maintain health joint function but won't deliver the same nutritional impact of eating the whole cherry. However, you may find you need to eat over 20 cherries or more per day to get the natural health benefits of the cherry. Also, if the fresh fruit isn't available during the winter months you may not be able to enjoy the health benefit of the underlying fruit.

We are also processing nutrients throughout the course of the day when we obtain them from food, instead of just getting them from the 'one a day' approach. So it is wise to combine whole consumption in addition to taking supplements daily.

Also, by eating whole food, the body uses the fiber that binds food, fruits and vegetables. Often the "skin" of a vegetable, like the potato, is the most nutritious part.

If you're looking to lose weight, eating fresh food is vital to a weight loss plan. Also, eating fresh fruits and vegetables help hair, skin and teeth stay attractive and healthy. And when you think about it, fruits and vegetables are the original 'to go' food. It's simple to grab for an orange, apple, banana, grapes, or quickly toss a few vegetables together for a salad to take to work.

So when you're looking for well-balanced, healthy, reliable nutrition reach for whole food, while supplementing your body with nutritional supplements for condition specific solutions.

5 – Super Foods for Super Weight Loss



Experts say there are two basic categories of foods that can be considered "keeping it off superfoods" because they fill your tummy without piling on the calories: fruits and vegetables. And the nutrient that gives fruits and vegetables that 'staying power?' Fiber. So, if fruits and vegetables are the "keeping-it-off superfood groups," fiber may well be the "keeping-it-off super-nutrient." Protein is another super-nutrient. It's becoming more scientifically accepted that protein may help to curb appetite. Protein also offers staying

power, and can slightly boost your metabolism in the process. But it's imperative that you choose your proteins wisely, because like all other foods, if you're eating more than your body needs, it'll show up on the scale as a gain, instead of a loss.

The following superfoods are smart, low-calorie choices that will benefit your weight loss efforts:

Green Tea - Researchers suspect that the catechins (helpful phytochemicals) in green tea may trigger weight loss by stimulating the body to burn calories and mildly decrease body fat. So indulge in either a hot cup or a nice tall iced glass of green tea.

Broth- or tomato-based soup – Soups can help reduce hunger before meals and increase your feeling of fullness.

Low-calorie green salads - Having a low-calorie salad – which is not defined as one that's loaded with croutons, high fat dressings, and cheese - as a first course

can help you feel full, thereby reducing how much you eat with your main course. Wisely choose your ingredients, and its high fiber content can be the key to helping you fight cravings later in the day.

Yogurt – Including dairy products as part of your healthy diet may promote your weight loss efforts. Choosing a light yogurt may help you fight off hunger pangs due to its combination of protein and carbohydrate.

Beans – A great combination of fiber and protein, beans help you feel full longer, which means they may work to curb your between-meal appetite.

Water – Water is your body's lifeblood, and you should be drinking it through your day. It's a great no-calorie beverage, and you can get it by drinking unsweetened tea, flavored unsweetened mineral water, regular water with lime or lemon, or even in your cucumber. In addition to helping flush toxins from the body, it can also help you feel full. So when those hunger pangs strike, try drinking a glass of water before grabbing that snack.

High-Fiber, Whole-Grain Cereal - Whole grains in general help boost fiber and the nutritional value of your meal. One of the easiest ways to give your daily diet a whole-grain boost is to have a bowl of higher-fiber whole-grain cereal as breakfast or a snack.

6 - Smart Food Choices to Flush the Fat

Flushing the fat? As crazy as the concept might sound, the Fat Flush Plan can help you reshape your body while detoxifying your system. This low-carbohydrate, three-phase diet regimen was created by nutritionist Ann Louise Gittleman, Ph.D., C.N.S.

Phase 1 of the plan, called The Two-Week Fat Flush, lasts 14 days and is designed to jump-start weight loss. Phase 2, The Ongoing Fat Flush, helps you continue to lose weight, and Phase 3, The Lifestyle Eating Plan, focuses on maintenance.

The Fat Flush Plan was designed to increase metabolism, flush out bloat and to boost the fat burning process. At the core of the plan is the commitment to promote a balanced lifestyle and encourage simple healthy habits that seem to have gone by the wayside in our modern and hectic everyday life. Every aspect of each phase of the plan is focused on accomplishing this goal: helpful essential fats, amounts of protein, antioxidant-rich vegetables, moderate amounts of fruits, calorie-burning herbs and spices, cleansing diuretic beverages, exercise, journaling and even sleep are addressed.

The Two-Week Fat Flush is based on an average of 1,100 to 1,200 calories daily, and is designed to jumpstart weight loss for dramatic results. It will transform your shape by accelerating fat loss from your body's favorite fat storage areas - your hips, thighs and buttocks.

The Ongoing Fat Flush is the next step for those individuals who have additional weight to lose but who also want to pursue a more moderate cleansing program and enjoy a bit more variety in food choices while still losing weight. This part of the program is designed for ongoing weight loss, with approximately 1,200 to

1,500 calories each day. This is the phase that will be followed until you reach your desired weight or size.

The Lifestyle Eating Plan is your maintenance program for lifetime weight control. This phase offers over 1,500 calories daily, providing a basic lifelong eating program designed to increase your vitality and well-being for life. You'll add up to two dairy products and up to two additional friendly carbs. Phase 3 friendly carbs include more choices from a variety of starchier veggies and nongluten hypoallergenic grains. Foods are always introduced one at a time to make sure there are no allergic reactions and you're your body tolerates the food well.

7 – Superfoods that Squash Stress

Life has a way of getting the best of us some days. Whether it's working too many hours, shuffling your kids all over town for their activities, taking care of your household, or dealing with personal or family matters, stress can take its toll on you physically, mentally, emotionally, and spiritually. But there are simple steps you can take to combat stress, starting with the foods you eat.



Avoiding caffeine and alcohol is a good start when life's particularly stressful. Stimulants and depressants like these can both zap your energy and rob you of the fuel you need to successfully cope with tension. Sugary foods should also be avoided as well, as they cause your blood sugar levels to spike then dip rapidly, which can in turn make your energy levels spike and dip at the same rate.

However, there are several superfoods out there that provide you with the energy and nutrition your body needs to keep stress in check

Asparagus, which is high in folic acid, can help level out your moods. Folic acid and vitamin B are key players in producing serotonin, a chemical that gets you into a good mood.

And though we may hear negative things regarding red meat, it's actually a wise dinner option for a stressed-out family. Beef's high levels of iron, zinc and B vitamins not only help get you into a good mood, but help you stay there as well. Your local butcher can help you select lean cuts for the healthiest options

Milk really does a body good. Chock full of calcium, protein, antioxidants, and vitamins B2 and B12, it helps strengthen bones and promotes healthy cell regeneration. Paired with a healthy whole-grain cereal choice in the morning, low-fat milk is a great way to start your day and arm yourself to do battle with the stressors that await you. Cottage cheese is also another great dairy choice, and when coupled with a fruit that's high in vitamin C, it helps the body battle free radicals that run rampant during your most stressed periods.

Almonds are also an awesome choice when it comes to arming yourself against stress. They're high in magnesium, zinc, as well as vitamins B2, C, and E and unsaturated fats, all which are great warriors against free radicals.

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

