

WONDERFUL STRENGTH OF FRUITS AND VEGETABLES



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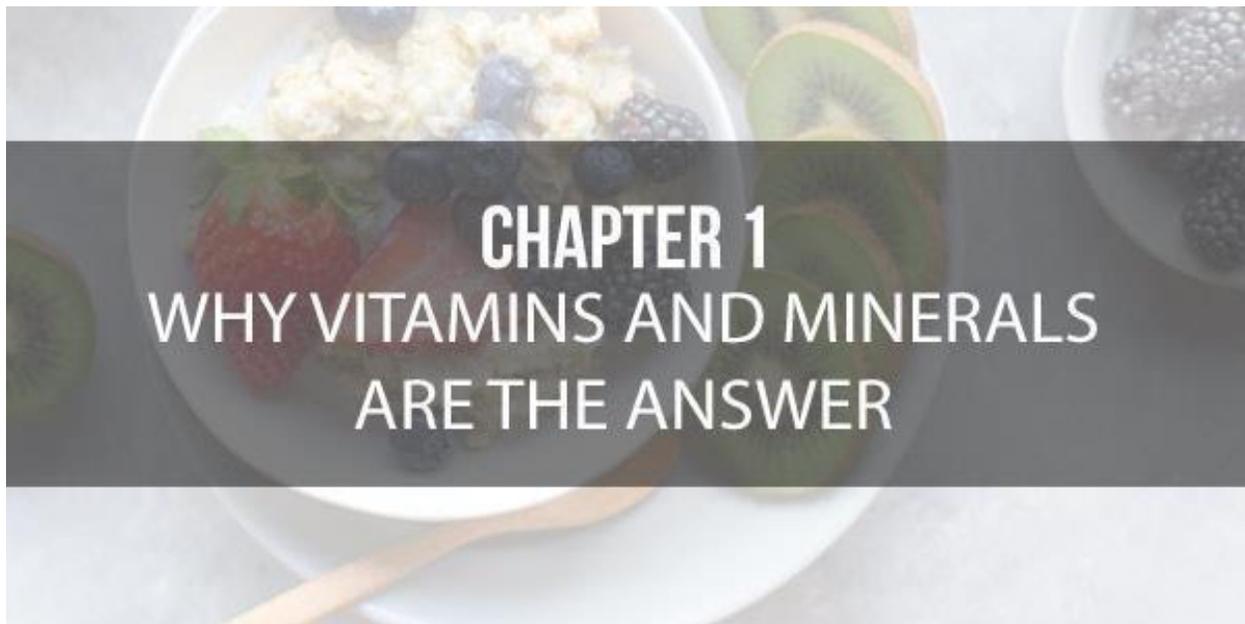
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CHAPTER 1: WHY VITAMINS AND MINERALS ARE THE ANSWER



So many of us wish we had more energy, better abs, and sharper focus. Likewise, we often find ourselves wishing that we had better skin or hair. We wish that we could *sleep* better at night, and wish that it was a little bit easier to wake up (those last two points are related, by the way!).

This has led to the emergence of numerous industries, all built around helping us to feel, look, and perform better. We spend huge amounts of cash on skincare products, on sleep supplements, and on gym memberships. We try all kinds of crazy things, whether that's lying on a bed of gentle spikes to improve sleep (yes, that's a real thing!), wearing blue-blocking shades all day, or wearing energy-healing crystals (which are about as effective as wishing really hard!).

We try these things because we're looking for answers, and we're desperate. We're willing to try *anything*. And we hope, each time, that we're about to stumble upon the answer and unlock our full potential.

We hope that ONE of these things will provide the answer and help us feel GREAT as we know that we really can do. But very few of these strategies makes any noticeable difference.

The problem? We're overcomplicating matters. And this is largely due to the huge amount of marketing that gets thrown at us on a daily basis. In truth, improving the way you look and feel is very simple: it's about the basics!

Consider what is very likely to be your current lifestyle and your current diet. Raise your hand if any of these points apply to you:

- You don't manage your five fruits and vegetables a day
- You eat a lot of processed foods and ready meals
- You go to the gym 3 times a week or less – and aren't particularly mobile the rest of the time
- You don't get enough sleep
- You are in a state of chronic stress due to work, family, and financial pressures
- You spend a lot of your free time on the couch, watching cartoons
- You spend more than eight hours a day looking at a computer screen, with a hunched back, staring at a bright screen
- You spend barely any time outdoors
- You drink contaminated tap water
- You breathe harmful smog-filled air

This is a rather bleak picture, but it's true for MANY of us. We don't eat enough greens, we don't sleep, we gorge on sugary foods, and we're stressed all the time. Then we wonder why we don't feel 100%!

Even if you got most of these things right, the truth is that our modern lifestyles are just absolutely terrible for our health.

This is true right down to the fact that most of us are too comfortable – we have become “adapted” to a comfortable, domesticated lifestyle, and therefore our bodies have forgotten how to deal with stress or difficulty.

Take going outdoors for instance. Most of us just don’t do this enough, which means that we aren’t getting the important stimulus of sunlight, which helps to encourage the body to produce vitamin D, which in turn regulates things like hormone production, sleep, mood... even appetite!

Without that important input (called an “external zeitgebers” in the scientific literature) our body loses some of its natural rhythm and certain processes are interrupted.

But then there’s the huge benefit of being in the cold. Even when the sun isn’t out, being outdoors helps to boost testosterone levels, strengthen our immune system, and even improve our ability to regulate our own body temperature.

Is it any wonder we always feel “stuffy” when we never train this part of our health?

Even spending time barefooted on the earth (which trains tiny muscles in the foot), even diving into water and holding our breath (which trains our lungs and improves our CO2 balance)... these are all things our bodies crave. And we aren’t giving them that.

And our bodies are deteriorating massively as a result. Compare a wolf in the wild to an overweight, spoiled domestic dog. Which is healthier?

YOU are that domestic dog. Plus an extremely stressful lifestyle and lack of sleep...

STARTING WITH VEGETABLES AND FRUITS IS THE SOLUTION

Starting with vegetables and fruits is the solution. Why?

Well, it's all very good and well me telling you that you should be working out throughout the day, and that you should be eating perfectly, and that you should be taking long swims in freezing cold water in the morning. Problem is, we don't have time for that and our bodies are now so maladapted that they wouldn't handle it.

Even fixing your diet – getting rid of all that unwanted processed food, reducing the number of total calories, getting more fiber, reducing simple carbs... it's a lot of work and can get quite complicated. Which is why the best place to start is by fixing one of the *biggest* issues with modern life. That is: the lack of micronutrients.

Micronutrients are vitamins, minerals, amino acids, fatty acids, antioxidants, and other active ingredients in our food that our body uses for a wide variety of different purposes.

What many people don't realize is that we literally *are* what we eat. You hear this a lot, but many people assume that it is a kind of metaphor. But no: your body takes in the nutrients that you consume and then it uses those nutrients to actually *rebuild* your body.

For example, your bones are made partly from calcium, and magnesium. These also help to strengthen your connective tissue (tendons and ligaments), your teeth, and your nails. Connective tissues similarly benefit from the likes of collagen (found in bone broth) which also helps to improve your skin.

If only you could get more fruit and vegetables in your diet then, you *would* become the healthiest and most effective version of yourself. And that in turn might then give you the energy and willpower to do the rest.

Fruits and vegetables can even supercharge your metabolism, helping you to burn through much more fat!

As we will see in the rest of this book, fixing your intake of fruits and vegetables doesn't need to be difficult. If you are strategic, then making just a few simple changes can transform your health and wellbeing.

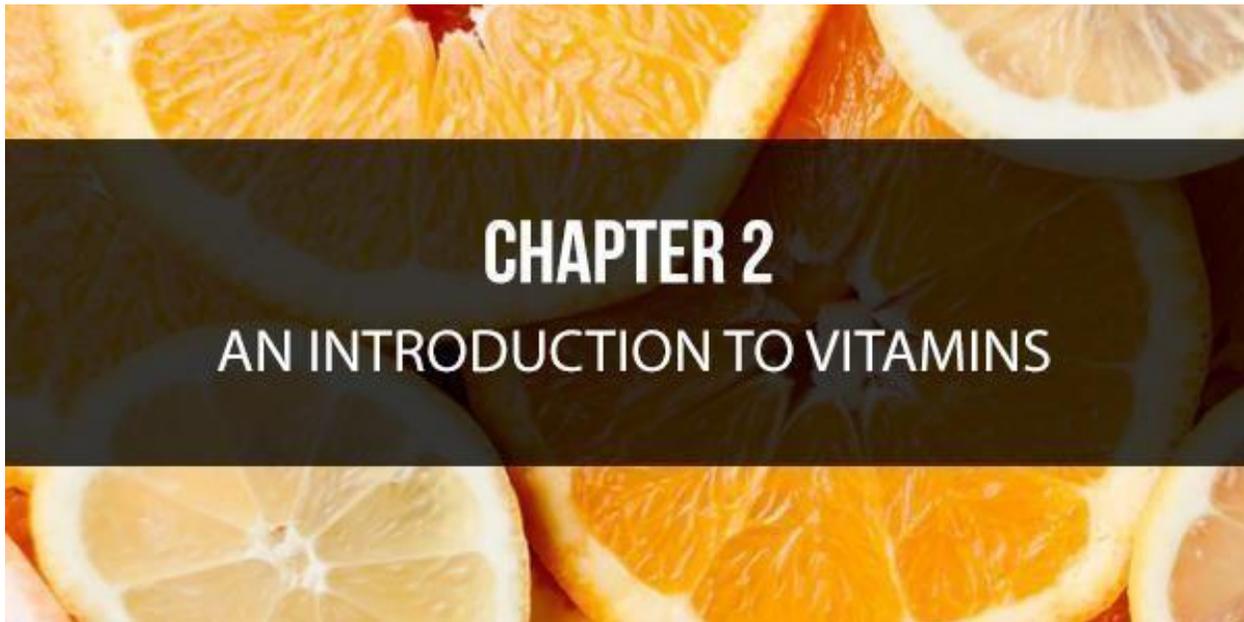
This book will also outline many of the other amazing and complex ways in which fruits can improve your health and performance – some of which are absolutely transformative to the way you look and feel.

You'll know precisely which fruits and vegetables you need to cure *any* of your current maladies, and you'll know precisely how to get them.

Let's get to it.

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CHAPTER 2: AN INTRODUCTION TO VITAMINS



Before we go further, let's examine more closely the specific benefits of fruits and vegetables. And of course, the first place to start is by looking at the vitamin content.

It may surprise you to know that vitamins were discovered less than 100 years ago. Until they were officially discovered, doctors knew that certain foods helped with certain physical conditions, but they did not understand why.

For example, the British Navy carried a supply of limes as early as 1795 because doctors had found that eating a certain amount each day, or drinking the juice, stopped sailors from getting scurvy.

However, it was not until 1912 that Casimir Funk, working in the UK then later in the USA came up with the term "vitamines," which later became vitamins.

The study of vitamins has progressed since that time, and whereas

most of us know the names of the most common vitamins, we may not always understand what they do. There are two types of vitamins. These are fat soluble vitamins and water soluble vitamins.

Fat soluble vitamins are those vitamins that the body is able to store. This means that if you do not use all of the vitamins that you consume, they can be stored in the body for use when the body is in need of them.

The obvious advantage of fat soluble vitamins is that if your diet is temporarily lacking in one of these vitamins, you are less likely to suffer a deficiency. That disadvantage of these types of vitamins is that if you consume too much of one of them, then your body is unable to flush out the surplus and you could suffer from avitamin overdose.

Fat Soluble Vitamins

The most commonly known fat soluble vitamins are vitamin A, vitamin D, vitamin E and vitamin K.

Vitamin A helps to keep the skin moisturised, as well as ensuring that the mucus membranes remain moist, supple and smooth. It also helps to maintain healthy eyesight in low light, as well as keeping the reproductive system healthy and promoting healthy bone growth. Sources of vitamin A include whole milk, butter, eggs and liver. A form of vitamin A, carotenoids are found in red, yellow and dark green vegetables and fruit.

Vitamin D is essential for the body to absorb calcium. Therefore, it is responsible for healthy teeth and bones, just like calcium. However, both are needed and work together. Vitamin D is often added to 'fortified' foods such as fat spreads and cereals. It is also known as the sunshine vitamin as the main source of vitamin D comes from sunlight.

Vitamin E is responsible for maintaining healthy muscles, nervous system and

reproductive system. It is also an anti-oxidant. Being fat soluble, it is stored in the body and can help to protect body cells from the effects of free radicals, which be damaging to other body cells.

Sources of vitamin E include whole grains, nuts, wheat-germ oil and green leafy vegetables. Overdosing on vitamin is thought to be dangerous. Vitamin K is mainly responsible for blood clotting. Without it, every time you cut yourself you would be in danger of bleeding to death.

This vitamin also makes kidney tissues and bone. Sources of vitamin K include liver, cheese, cereals, dark green leafy vegetables and fruit. It is also made in the intestines by friendly bacteria.

Water soluble vitamins cannot be stored in the body. This means that if you consume too much of one of these vitamins, the amount that is not used is excreted through urine. The advantage of water soluble vitamins is that you are unlikely to suffer from an overdose.

The disadvantage of these vitamins is that you may need to take in larger amounts as it cannot be stored. If your diet is deficient in one of these vitamins, even for a short time, you may suffer symptoms of vitamin deficiency as a result, there is no back up supply stored in your body.

Water Soluble Vitamins

The most commonly know water soluble vitamins are vitamin C, and the entire group of B vitamins. Vitamin C is also known as ascorbic acid. It helps to maintain the body's connective tissues, that is, the muscle, fat, and bone framework.

It also helps to heal wounds by speeding up the production of new cells, is an anti-oxidant, and helps the body to absorb iron. Another function of vitamin C is to protect the body's immune system enabling it to fight infection.

Sources of vitamin C include fruit, fruit juices and vegetables. The B group of

vitamins consists of B1 or thiamin, B2 or riboflavin, B3 or niacin, B6 or pyridoxine and B12 or cyanocobalamin. This group of vitamins is essentially concerned with keeping the body functioning properly.

Vitamin B1 is essential in helping the body to metabolise energy from fats, alcohol and carbohydrates. Sources of this vitamin are lean pork, unrefined cereals, seeds and nuts.

B2 helps the body to use and digest carbohydrates and proteins and maintains a healthy appetite. Sources of B2 include fish, poultry, meat, milk and eggs. Brewers yeast is a good source of this vitamin, as are dark leafy vegetables.

B3 is essential for proper growth and enabling oxygen to flow through body tissues. It is also responsible for maintaining a healthy appetite. Sources of vitamin B3 include fortified bread and cereals and meat.

B6 is responsible for obtaining nutrients and energy from the food we eat. It helps prevent heart disease by removing excess homocysteine from the blood. Sources of B6 include soya beans, means, nuts, eggs, whole grains, fish, lamb, port, chicken and milk.

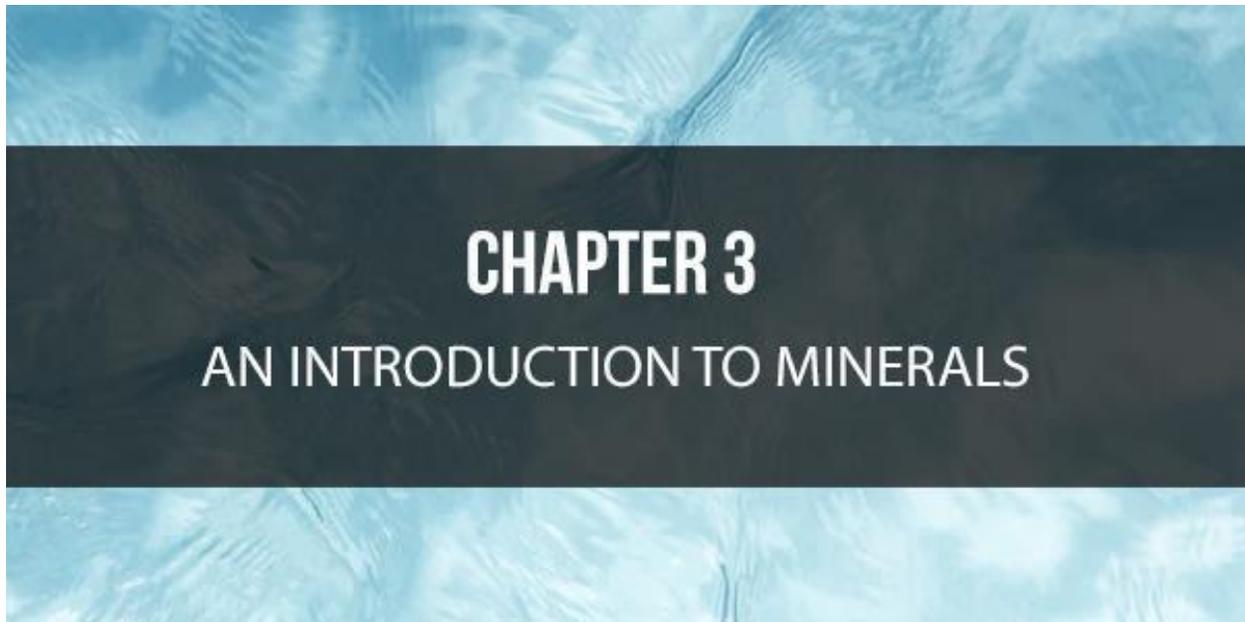
B12 helps to make healthy red blood cells. It also enables the body to transmit messages between the body's nerve cells, enabling us to hear, move, think and normal everyday activities. It is made by bacteria in the body's small intestine.

This vitamin is added to many foods, including cereals, and although it is a water soluble vitamin, it can be stored in the liver. Sources of B12 include poultry, fish, milk, meat and eggs.

The best way of ensuring that you take in enough water soluble and fat soluble vitamins is to eat a balanced diet. If you think that you may be deficient in some vitamins, you should consult a doctor for advice.

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CHAPTER 3: AN INTRODUCTION TO MINERALS AND OTHER AMAZING NUTRIENTS IN FRUITS AND VEGETABLES



Whereas fruits are typically packed with vitamins, minerals tend to come more so from our vegetables – though make no mistake, both fruits AND vegetables are packed with both.

So, a good question to start with might be: what is the difference between a vitamin and a mineral?

Whereas vitamins are organic and thereby are typically quite volatile (they can be broken down by the likes of heat, air, and acid), minerals are conversely inorganic. In fact, a mineral can actually be a metal or a rock – something you would never really think of as being a fundamental building block in what makes you.

But indeed minerals *are* crucial to the healthy function of the human body. Iron for example is a crucial mineral that the body uses to make hemoglobin – the red blood cells that travel around the body carrying oxygen.

Without this process, it would be impossible to provide energy around the body for the countless crucial functions that go on – including breathing, digesting, and more.

Typically, minerals tend to have a slightly more fundamental role in the structural elements of the human body – and the harder elements. For example, minerals form bones, tendons, and ligaments.

Minerals also play a role in conduction, however. The body is powered by electricity after all, and maintaining the correct charge is crucial for the healthy function of our muscles and brain.

That's why an incorrect balance of sodium and potassium can cause cramping, as the body is unable to send messages correctly to the muscles. Likewise, a lack of calcium can reduce strength as it is needed to handle the charge in the muscle cells.

Did you know? You can tell the difference between a fruit and vegetable based on the seed/stone. Vegetables don't have them! Foods that have surprising categorizations include: tomatoes (fruit), coconut (fruit), avocado (fruit), and cucumber (fruit).

Other Essential Micronutrients

As well as being rich in vitamins and minerals, fruits and vegetables are also a rich source of the two other essential nutrients. The other essential nutrients are: essential fatty acids, and essential amino acids.

The term “essential” means that these substances cannot be synthesized *within* the body, and so therefore must be obtained from our diet. And perhaps this should also be a clue as to how big a problem it is that 99% of us are *not* getting them that way!

So, what do these nutrients do?

Well, amino acids are essentially the building blocks of proteins. We get a lot of these from meat, and our bodies will then break down those constituent parts in order to rebuild our tissue. As we saw at the start of this book, we literally *are* what we eat!

This is why amino acids and proteins by extension are so important for bodybuilders and athletes trying to build muscle.

Research suggests that the optimum balance for athletes is 1 gram of protein for every 1lb of bodyweight. Protein also has other benefits – it is much harder to convert into fat for instance, and it has a thermogenic effect meaning that simply digesting it will actually burn calories!

Thus, many people will be hard at work trying to find sources of protein from meat and will eat large amounts of chicken to build bigger muscles. This can become hard work! But what they forget is that vegetables and even fruits also contain protein (though vegetables are slightly superior in this sense).

Don't just count the protein you got from that protein shake and chicken, think about how much is in the broccoli *on the side* of the chicken.

Amino acids also play a host of other roles in the body and are used to produce digestive enzymes, neurotransmitters (brain chemicals) and much more. They can also do things such as creating.

Finally, fruits and vegetables contain essential fatty acids. These are important fats that help us to better absorb other fruits and vegetables, and also serve a range of additional useful benefits – such as enhancing brain function (the brain is made of a large amount of fat!).

Omega 3 is one of the most powerful essential fatty acids there is and has a HUGE host of amazing benefits. Often, we think of omega 3 as being something we get from fish, but in fact it also exists in good amounts in seaweed, hemp seed, walnuts, kidney beans, soybean and more.

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