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Super Foods For Superior Health



Research in diet and nutrition has recently shown that there are many very nutritious foods that have the ability to improve a person's health and well being. Termed 'super foods,' these tasty foods are not just healthy, but contain fewer calories, are packed with antioxidants and seriously taste good too. What are Some Super Foods? Some of the tasty powerhouses are foods such as legumes, broccoli, blueberries, walnuts, green tea, pumpkin, soy, oranges, spinach, whole grains, oats, tomatoes, turkey and plain yogurt. Each of these food items may assist to slow and perhaps even stop several ailments and diseases such as diabetes, hypertension, and some cancers. Consuming nutritious foods as part of a regular diet can improve health and promote weight loss without the need of fad diets or other unhealthy measures. Detrimental Effects of Poor Nutrition Just as eating good foods can create positive effects, eating junk food can have detrimental effects on the body. People who regularly consume processed and fast foods often suffer from low energy and fatigue, bad moods and weight gain. Over time, the body shows signs of malnutrition due to the lack of vitamins and minerals that are needed to maintain healthy tissue growth and a strong immune system. Feel Better Inside and Out Eating super foods not only helps the physical body improve and function more effectively, but also improves the mental and psychological

wellbeing. When these tasty foods are introduced to the system they work throughout the body to make a person simply feel better inside and out. Avoid Processed Foods In this day and age, fast and convenient is sadly the norm. Processed foods which are now a part of the average daily diet are less than healthy and affect not only the physical body but mental abilities as well. Many people feel moody and simply in a mental fog during the day. Eating a healthy diet full of super foods may improve feelings of wellbeing and increase personal productivity. Superfoods such as berries, whole grains and nuts, as part of a regular meal plan, can improve overall health, increase feelings of wellbeing while helping to prevent tissue damage and deter various illnesses and diseases. Adding these foods into the daily diet is not only smart but delicious as well. Therefore, discover ways to take the junk from the daily food consumption and replace it with some of the Superfoods mentioned above. The body, mind and spirit will all be healthier as a result. Check out www.losingbellyfatmission.com for regular diet and exercise tips.

Do You Need A Superfood Supplement?



If you're one of the many people who are getting interested in the superfood phenomena, then you might be wondering how to fit all of those delicious superfoods into your diet. You might also be wondering what to do about some of the ones you don't care too much for. Let's be honest, not everyone enjoys the taste of blueberries or tomatoes or spinach. Other people may just not have the desire to prepare those foods in a healthy way. If you're one of those people, you could benefit from a superfood supplement. A superfood supplement basically provides you with the nutrients and compounds you would be getting from the foods themselves. This is much like taking a vitamin supplement when you know you aren't eating balanced meals. There are many benefits for choosing a superfood supplement. First, you do know that you will be getting the compounds you want your body to have for improved health. The supplement takes a lot of the guesswork out of healthy eating. Second, you don't have to worry about the pesticides and fertilizers used on the produce you're eating. While you could switch to organic (a highly recommended decision), the choice could be expensive and may not be easy for all produce, depending on where you live and what is available in your neighborhood. Of course, not all superfood supplements are created equal. You want to do some research and choose ones that are made from all-natural sources. If you choose synthetic supplements, you simply aren't getting the nutrients you need. Plus, research suggests that natural compounds work more effectively possibly because of the relationship between the other compounds that occur within natural sources. Synthetic versions usually ignore these relationships and, as a result, can't deliver the same level of benefits. Another reason to choose natural superfood supplements is that you won't lose all of the benefits in your urine. A large percentage of the vitamins and nutrients you'll find in synthetic supplements are actually lost because they cannot be absorbed properly by your body. Instead of using them to be healthier, you just flush most of them away. That's a waste of money and of health potential. In conclusion, you should consider adding a superfood supplement to your diet but make sure you pick

one that is all-natural and not synthetic. Do your homework and pick one that is going to give you the best results possible for your money.

7 Health Benefits Of Apples



What is the nutritional value of an apple? All fruits are good for you because they are rich in nutrients and fiber. Apples are a superfood, and you should eat at least five servings per week. Apples are a rich source of fiber. The skin is the best part of the apple. Not only does it contain about five grams of fiber, most of the apple's phytochemicals are in the skin. They have been found to have the following benefits:

- Apples lower blood pressure: Quercetin is a powerful antioxidant and is found in apples. Studies suggest quercetin reduces blood pressure.
- Apples improve the respiratory system: One 2001 study suggests that eating five or more apples each week will decrease your risk of lung disease. The flavonoids in apples lessen the severity of asthma attacks and allergic reactions. They act like anti-inflammatory agents and antihistamines.
- Apples defend against cancer: Eating a diet that includes five or more apples per week helps prevent a variety of cancers, according to the American Cancer Society. Quercetin is particularly helpful in protecting against prostate cancer because it inhibits the growth of cancerous cells but does not harm healthy prostate cells.
- Maintain cognitive ability: Apples and apple juice helps improve brain function in older people. It may even help protect your brain against Alzheimer's disease by protecting your brain from free-radical damage.
- Lose weight: All foods that are high in fiber make you feel full so that you will eat less. Apples only have about 90 calories, making them a sweet, crunchy between meal snack.
- Keep your digestive system healthy: The rich fiber content of apples is good for your digestive system. Fiber also helps control cholesterol.
- Boost your immune system: Apples are rich in vitamin C. They have about 8% of your daily vitamin C requirements. The good thing is that apples come in so many different varieties. The perennial favorite is the traditional Red Delicious, but for a change we suggest trying the sweet-tangy, crisp multi-colored apples or the more tart Granny Smith. Want to make your own applesauce? Try Cortland, Macintosh, or Jonathan apples. Baking a pie? Try Rome, Golden Delicious, or Granny Smith apples. Just want to eat an apple? Try Gala or Fuji apples. Apples are plentiful and easy to find. Most cafeterias provide apples. Look for ones that have smooth, shiny skins without holes or bruises. In the Autumn, keep an eye out for local orchards that offer fresh apples, juice and sauce. Why are apples in the store so shiny? They have been covered with a clear, edible wax. This wax protects the apples during shipping by keeping the moisture in. Because of this wax, apples stay crisp and fresh. The wax is safe to eat and does not affect taste, but apples should still be washed before consumption. Apples are best stored in a loosely closed paper bag in the refrigerator. The cool air will keep them fresher longer. Apples will also cause some fruits to ripen faster.

They exude a gas known as ethylene. If you have green bananas, storing an apple with them will cause them to ripen faster. However, this same gas will damage vegetables such as broccoli, cucumbers and leafy greens. For this reason, it is best to keep apples out of your vegetable bin. Want some other healthy snack ideas? Drizzle caramel sauce on a Granny Smith apple slice and add some pecans. Or serve them with brie or blue cheese, and wine. No matter how you eat them, apples are a great snack that will keep you healthy and help you lose weight.

Top Ten Fat Burning Superfoods – Foods For Fat Loss

So you slug it out in the gym day after day. But you don't seem to be getting anywhere. That extra bit of stomach fat won't budge no matter how much extra effort you put in. I have developed a checklist that can help to problem solve this, um, problem. 1. It's your diet. Consider adjusting what you eat. If you are training at a genuine intensity, regularly, and you don't think its your diet then try number two. 2. It's your diet. Consider adjusting what you eat. Plain and simple. You can't out train a bad diet. I see it time and time again. People working harder and harder with no plan or thought given to their diet. If you train hard and eat poorly you will get mediocre results at best. You might boost your fitness but getting fitter doesn't help you fit into that pair of jeans you love. If you train hard and follow it up with a solid, nutrient rich, healthy eating plan then your results will be simply amazing. The following is my list of 10 foods you should be eating regularly if you want that lean, athletic look. 1. Blueberries Packed with antioxidants and anti-inflammatory compounds. Frozen or fresh you will still get the amazing health benefits of this fruit. 2. Salmon Omega 3s, quality protein. Enough said. Eat more salmon. 3. Spinach Pound for pound, spinach is the champion. A great source of vitamins and minerals this leafy green should be the base for every salad you make. Say goodbye to iceberg lettuce today. 4. Broccoli Broccoli will make just about every top 10 list involving food. It is the king of the vegetables. Protein, fibre, potassium, calcium, vitamin C, folate, magnesium, the list goes on. Add a cup of this to any meal and you will be getting more nutrition than half the population do in a day. 5. Avocado Don't be afraid of eating fat. Especially if you are trying to lose some body fat. Your body needs it to function and if you don't give it some through your diet, it will hold onto what is already has. Avocados have the good fats that your body wants, plus some fibre. Don't go overboard though, two or three mashed tablespoons will do. 6. Walnuts Good fats, good proteins and good fibre means that this filling snack will give you a swag of your daily essential nutrients in just a handful of nuts. 7. Tomatoes Fruit, vegetable or berry. Who cares!! This wonder food can be eaten in so many ways (think sauce, juice, raw, sliced, diced, steamed) that there is no reason to miss out. 8. Onions Just like the tomato, you can get onions into just about any meal. Quickly fry them to decrease the intensity of the flavour, or just dice them up and add to your salad. Remember to brush your teeth or get some sugar free gum afterwards. 9. Eggs Forget the hype or choose your belief. Free range, caged, organic there are lots of arguments going around the benefits and problems associated with all of them. The fact remains that eggs provide us with one of the best protein sources available on the planet. Also loaded with vitamins, minerals and choline (which is essential for optimal cardiovascular function). And when 'they' say eggs are bad for you consider what the Harvard Medical School Guide to Healthy Eating had to say "No research has ever shown that people who eat more eggs have more heart attacks that people who eat few eggs". 10. Low Fat Cottage Cheese The trick with cottage cheese is to never eat it by itself. Otherwise persistent gagging or vomiting may be a problem! But if you want to get this protein rich, low carb, low fat, body friendly food to stay in your stomach simply blend it with an equal portion of your favourite berry and half a dozen walnuts. Great tasting, good protein, good fats, good fibre, perfect for the lean body.

Tops 5 Reasons Why You Should Take Wheatgrass Powder

There are many reasons to go healthy these days. Of course a lot of people are concerned about what they eat, and the amount of nutrients the body can gain from a particular food. However, a lot of individuals do not know or are not too keen to realize the health benefits in a meal, just because of the

taste or how the food looks, is not to their liking. Organic wheatgrass, for example, is not everyone's favorite food. Those who may have an idea of the effects of wheatgrass and other superfoods may decide to consume them. However, given the choice between a burger and a vegetable or a fruit, many would choose the tasty junk foods than eat or drink wheatgrass. For those who are having second thoughts about taking superfoods like wheatgrass, here are several benefits to consider:

Increase in Energy Levels and Blood Circulation One of the best things about wheatgrass is that it is made of, more or less, 70% of chlorophyll. Mostly found in plants, chlorophyll closely resembles hemoglobin in blood. This essential ingredient helps in rapidly transporting oxygen and other nutrients throughout the body. With the increased oxygen distribution in the human blood, the body can take on physically strenuous activities without giving up quickly. This translates to the body having higher energy levels, better stamina and greater endurance.

Detoxification One of the excellent features of Organic Wheatgrass Powder is that it contains more concentrated levels of the amount of proteins and amino acids found in a regular wheatgrass food or even the wheat plant. Several of the proponents of the wheatgrass diet, contend that it contains high levels of antibacterial properties. Many believe that this helps in cleaning the intestinal tract, as well as the colon, and flushing harmful toxins and pathogens from the body.

Nutrients The most apparent benefit that can be gained from an ounce or two of the daily organic wheatgrass powder service is the high levels of vitamins and minerals that are very helpful to the body. Wheatgrass is believed to contain 90 different minerals and over 19 amino acids. That's a very generous heaping of health-giving nutrients, comparable to eating a bowl of dark green salad.

Improve Digestion Very similar to its detoxification benefits, wheatgrass also has the capacity to act like a broom, in absorbing toxins from the body, and flushing them smoothly away from the body. The high levels of antibacterial properties kills problematic bacteria that might hinder or slow down the digestion process of the body.

Prevent or Treat Diabetes as well as Cancer One of the notable aspects of organic wheatgrass powder that consumers should consider, is that it contains high levels of nutrients that can rid the body of toxic elements. For those who are suffering from diabetes, a reduced level of toxicity in the system, can help normalize the blood-sugar levels. In a sense, wheatgrass works by helping the body quickly recover and defend itself from unusual spikes in toxicity, and help slowly negate the bad effects of diabetes. For cancer-prevention, organic wheatgrass powder works as an alkaline-producing superfood that can help reduce the body's overall acidity, and thereby, slowing down or preventing the impact and growth of carcinogens or cancer-producing cells of the body.