

SuperFood Secrets

Why SuperFoods
are the most
powerful foods
on the planet...

*Includes the top 14
SuperFoods to boost
your health &
wellness*



Visit <http://www.superfoodliving.com>
to find out more / buy online...

Disclaimer

Although the authors and publisher have made every reasonable attempt to achieve complete accuracy of the content in our ebooks, they assume no responsibility for errors or omissions. Also, you should use the information provided in all our ebooks at your own risk.

Your particular situation may not be exactly suited to the examples illustrated in some ebooks; you should adjust your use of the information and recommendations accordingly.

Finally, use your head. Nothing in this Guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader.

If you suffer from any illness, you should always seek professional advice from your doctor first. Never ever any therapy should be based on purchased publications only.

<http://www.superfoodliving.com>

SuperFoods...The most POWERFUL Food group on the planet!

If you would like to achieve the best health ever, the best relationship with food ever, and have the most fun with your food ever, we recommend that you consume the top 10 + superfoods, the top 10+ superherbs, raw and living food cuisine and let the rest happen on its own.

So...What is a “SuperFood”?

Superfoods are a class of the most potent, super-concentrated, and nutrient-rich foods on the planet.! Extremely tasty and satisfying, superfoods have the ability to tremendously increase the vital force and energy of one's body, and are the optimum choice for improving over-all health, boosting the immune system, elevating serotonin production, enhancing sexuality, cleansing, and alkalizing the body. Nourishing us at the deepest level possible, they are the true fuel of today's “superhero.” Superfoods make having the Best Day Ever fast, easy, fresh, and fun!

Specifically, the superfoods and superherbs not only immediately help nourish the brain, bones, muscles, skin, hair, nails, heart, lungs, liver, kidneys, reproductive system, pancreas, and immune system, they can also, over the long-term, correct imbalances and help to guide us towards a more natural and original diet. That means that by consuming the superfoods and superherbs it makes it dramatically easier to achieve your ideal weight, diet, food habits, as well as assisting in easing detoxification and the transition to more living, raw plant foods...all without will power!

<http://www.superfoodliving.com>

Superfoods go a long way to towards making us more well balanced in behavior and demeanor. This is due to mineralization and the superior well-rounded nutrition that superfoods provide.

Interestingly, superfoods and superherbs meet and exceed all our protein requirements, our vitamin and mineral requirements, glyconutrient (essential polysaccharide sugar) requirements, essential fatty acid requirements, immune system requirements, and so much more!

Additionally, the superfoods and superherbs help you to do this without having to take petroleum-chemical-based vitamin and mineral supplements. Culturally we tried better living through chemistry and ended up with an explosion of disease. Now it is time to get back to original raw foods, superfoods, and superherbs so that we can begin to really enjoy every moment of the gift of life.

<http://www.superfoodliving.com>

Top Superfoods and Tonic Herbs

#1 - Cacao (Raw Chocolate)

The Astonishing Secrets about the World's Greatest Food...

- Eat less, lose weight, and live more
- Heal and open your heart
- Alleviate depression and lost love
- Increase your sensuality and beauty
- Double your joy
- Nourish your brain
- Accelerate your nutrition
- Attract prosperity into your life
- Experience the world's most wonderful aphrodisiacs
- Make the most outrageous beverages, desserts, cakes, ice creams and many other super treats!

The seed of a fruit of an Amazonian tree, cacao is the highest antioxidant food on the planet, the #1 source of magnesium, iron, chromium, and is also extremely high in PEA, theobromine (cardiovascular support), and anandamide ("bliss chemical").!Raw Chocolate balances brain chemistry, builds strong bones, is a natural aphrodisiac, elevates your mood and energy, and may cause you to have The Best Day Ever!

The truth about the health-benefits of chocolate is finally reaching our ears. However, the whole truth should be told. Chocolate is healthy if it is dark with no added dairy products/milk or refined sugar. Even better are raw cacao beans, the "food of the gods" which possess all the magical properties of chocolate without any adulteration or processing!

<http://www.superfoodliving.com>

All chocolate comes from cacao beans - the seeds of the cacao fruit - which grows on a jungle tree. Botanically, cacao is truly a nut. They may be referred to as cacao beans, cacao seeds, cacao nuts, chocolate seeds, chocolate beans, or cacao nibs - all essentially mean the same thing. For simplicity, we usually use the term "cacao beans."

Cacao beans taste like dark chocolate, because they are dark chocolate!

FACT...

Cacao Beans contain over 300 chemically identifiable compounds making it one of the most complex food substances on Earth!

Substances in chocolate that have been discussed in the scientific literature as pharmacologically significant, include:

- Anandamide (bliss chemical)
- Arginine
- Aopamine (neurotransmitter)
- Epicatechins (antioxidants)
- Histamine
- Magnesium (#1 heart-supporting mineral)
- Serotonin (anti-stress neurotransmitter)
- Tryptophan (anti-depressant amino acid)
- Phenylethylamine (PEA)
- Polyphenols (antioxidants)
- And many more!

<http://www.superfoodliving.com>

Anti-Depressant Properties of Cacao

As we have noted, cacao is one of the richest sources of magnesium, which is a heart as well as brain mineral. Cacao is also a great source of serotonin, dopamine, and phenylethylamine, three well-studied neurotransmitters, which help alleviate depression and are associated with feelings of well being.

Cacao contains monoamine oxidase inhibitors (MAO Inhibitors) that improve our mood because they allow serotonin and dopamine to remain in the bloodstream longer without being broken down.

Cacao contains anandamide which delivers blissful feelings. Cacao also contains B vitamins, which are associated with brain health. All this makes cacao a natural prozac!

Cacao and Cacao products are happy foods. Cacao (the food all chocolate is made from) is the best natural source of magnesium (alkalinity), iron (circulatory system support), and chromium (blood sugar normalizer). Blood sugar irregularity has been linked to every psychological disturbance from moodiness to schizophrenia. Mean, aggressive behavior has been identified by alternative medicine practitioners and herbalists for decades as indicative of being biologically too acidic. Alkaline minerals like magnesium help alkalize our tissues, thus creating more calm and relaxed behavior. Cacao contains the minerals that assist with normalized blood sugar as well as alkalinity.

Cacao is a rich source of anandamide (the bliss chemical). Anandamide makes us feel euphoric and happy. Cacao also contains PEA compounds that are similar to those chemicals we release when we fall in love. Cacao is also the highest natural source of antioxidants.

<http://www.superfoodliving.com>

The Best Antioxidant Food Ever...and how we have unknowingly sabotaged ourselves with processed milk chocolate--until now!

FACT...

Cacao has a 10% Antioxidant Concentration Level, making it the HIGHEST antioxidant food on the planet. Yes, you read that correctly, raw chocolate contains more antioxidants than ANY OTHER food in the world!!!

However, when dairy products/milk is added, the super antioxidants are cancelled right out. Studies indicate that dairy products specifically block the absorption of all the great antioxidants in chocolate!

What we are finding is that chocolate itself is a health food, especially in its raw form as cacao beans. It is the substances added to chocolate that cause the problems: dairy products/milk and sugar!

Studies by the U.S. Naval Academy concluded that there is no evidence that chocolate causes or exacerbates acne. It is likely that the sugar added to chocolate exacerbates acne.

Chocolate as a Super Energizer

We are all familiar with the fact that Cacao can increase one's energy substantially. This is due to Theobromine, the sister molecule to caffeine that makes up between

<http://www.superfoodliving.com>

1-2% of the cacao bean. Theobromine stimulates the central nervous system, relaxes smooth muscles, and dilates blood vessels.

PEA & Anandamide: The “Bliss” Chemicals

PEA is a chemical in cacao that increases the activity of neurotransmitters (brain chemicals) in parts of the brain that control our ability to pay attention and stay alert. Elevated PEA levels occur when we are in love or captivated by a good book, movie, or project; this happens specifically during those moments when we are so focused that we lose all track of time, food, and the outside world.

PEA is noticeably abundant in the brains of happy people!

FACT...

Chocolate has been found to contain up to 2.2% phenylethylamine (PEA). This is a HUGE amount in comparison to other foods!

A neurotransmitter called anandamide (n-arachidonylethanolamine), has been isolated in cacao in quantities significant enough to affect the brain. Anandamide is a cannabinoid naturally found in the human brain. Anandamide is a lipid (fat) known as "the bliss chemical" because it is released while we are feeling great.

Raw chocolate is exceptionally high in natural anandamide.

<http://www.superfoodliving.com>

MAO Inhibitors = More Serotonin

MAO inhibitors actually produce favorable results when consumed by allowing more serotonin and other neurotransmitters such as anandamide, dopamine, etc. to circulate in the brain. MAO inhibitors may help to facilitate youthening and rejuvenation.

MAO inhibitors make one younger as they allow more neurotransmitters to remain in the bloodstream. A primary phenomenon that separates children from adults is the level of neurotransmitters in the blood and bodies of children. Generally, as one remains on the planet longer and longer, the level of neurotransmitters decreases. This creates physical rigidity, less creativity, less joy, and more aging! Cacao, being an MAO inhibitor, keeps plenty of neurotransmitters in circulation and thus stops this phenomenon from ever occurring.

The World's Greatest Aphrodisiac Food...or Why We Really all LOVE Chocolate!

Chocolate truly is food for the heart - it is the heart's "blood," due to its magnesium, antioxidants, love chemicals and esoteric properties. Chocolate, as we know it, is known for its sensual love vibration. Chocolate is the symbol of sensuality, pleasure, and sexuality. Some writers have claimed that 50% of women prefer chocolate to sex! (imagine if they were given real chocolate: cacao beans!)

<http://www.superfoodliving.com>

#2 - Goji Berries (Wolfberries)

Used in traditional Chinese medicine for over 5,000 years, goji berries are regarded as a longevity, strength-building, and potency food of the highest order. This superfood contains 18 kinds of amino acids, all 8 essential amino acids, up to 21 trace minerals, high amounts of antioxidants, iron, polysaccharides, B & E vitamins, and many other nutrients.

Goji berries and goji berry powders: Beware of “Wildcrafted” goji berries. They are not wildcrafted. They are domestically grown and often fertilized and sprayed with chemicals. Nearly all “wildcrafted” goji berries we have tested are heavily sprayed with sulfur dioxide. Some “organic” brands of goji berries failed the sulfur dioxide test (they were sprayed with sulfur dioxide).

#3 - Maca (Regular Maca, Red Maca, Maca Extreme)

A staple in the Peruvian Andes for thousands of years, this adaptogenic superfood increases energy, endurance, strength, and libido. Dried maca powder contains more than 10% protein, nearly 20 amino acids, and 7 essential amino acids. As a root crop, maca contains five times more protein than a potato and four times more fiber.

Although maca is not a complete protein it is such a great source of hormone precursors and amino acids, that it provides many of the same effects created by a high-protein diet.

<http://www.superfoodliving.com>

#4 - Coconut Oil

This oil assists in helping to displace toxic hydrogenated trans fatty acids (e.g. partially hydrogenated soybean oil). Coconut oil restores natural saturated fat levels to the skin, subcutaneous fat layers, as well as to the individual cell membranes. Coconut oil speeds up metabolism allowing the body to drop excess weight and toxins accumulated by an underactive thyroid. Coconut oil is also valuable for the immune system as it contains healthy anti-viral saturated fatty acids such as lauric acid.

#5 - Hemp Seeds, Powder, and Oil

Hemp Products eaten their RAW form are packed with 33 % pure digestible protein, rich in iron, amino acids, and vitamin E as well as omega-3's and GLA. A perfect food.

HEMP SEEDS:

Hemp seeds are considered by leading researchers and medical doctors to be one of the most nutritious food sources on the planet. Shelled hemp seed is packed with 33 percent pure digestible protein and is rich in iron and vitamin E as well as omega-3 ALA and omega 6 GLA. Hemp also contains three times the vitamin E contained in flax.

HEMP PROTEIN POWDER:

Hemp protein powder, is made from raw, hemp seeds (cold-processed at less than 85 degrees). It is super finely milled to contain 37% protein, with much of the oil

<http://www.superfoodliving.com>

removed. Hemp Protein is a balanced, "whole" protein, rich in essential fatty acids, amino acids, vitamins, minerals and anti-oxidants.

Hemp's superior 66% edestin and 33% albumin protein structure is the highest in the plant kingdom, making it the Gold Standard of Plant Protein.

HEMP OIL::

Hemp is one of very few plants that contains both of Omega 6 (GLA) and Omega 3 (ALA) an even rarer fatty acid. Hemp oil normally contains about 80% polyunsaturated fatty acids, with Omega 6 and 3 in a ratio of 3:1.

#6 - Spirulina and Blue-Green Algae"

The world's highest source of complete protein (65%), spirulina provides a vast array of minerals, trace elements, phytonutrients and enzymes. This food fed Mexico City and met all protein requirements for millions of people for 5,000 years.

Blue-green algae is a wild-grown superfood with a 60% protein percentage, but is equally or exceedingly higher in other components. Both are vital superfoods.

<http://www.superfoodliving.com>

#7 - Bee Products (honey, pollen, and propolis)

Very few foods even compare to bee pollen in overall nutrition. Bee pollen is the most complete food found in nature containing vitamin B-9 and all 21 essential amino acids, making it a complete protein. It is also very high in healing polysaccharides (complex, long-chain sugars).

Honey, in its organic/wild, raw, unfiltered states is rich in minerals, antioxidants, probiotics, enzymes, and is one of the highest vibration (and most delicious!) foods on the planet.

#8 - Sea Vegetables & Seaweeds (kelp, dulse, nori, hijiki, bladderwrack, etc.)

Rich in life-giving nutrients drawn in from the ocean and sun, sea vegetables help remove heavy metals, detoxify the body, provide numerous trace minerals, regulate cholesterol, and decrease the risk of cancer. Seaweeds benefit the entire body, and are especially excellent for the thyroid (high iodine), immune system, adrenals, and hormone function.

Ground KELP Granules:

Ground kelp granules are a convenient way to get your sea minerals and polysaccharides on a daily basis. They are "salty" yet low in sodium, thanks to their

<http://www.superfoodliving.com>

rich complement of other mineral salts. Kelp granules are an especially rich source of fructose (polysaccharide), potassium, iron, iodine, vitamin B6, riboflavin, and dietary fiber, and also contain a natural substance, glutamic acid, that enhances flavor and tenderizes fibrous foods. Phytochemicals in kelp have been shown to absorb and eliminate radioactive elements and heavy metal contaminants from our bodies.

Kelp (like cacao) is extraordinarily rich in minerals including alkaline minerals such as calcium and magnesium. Sufficient mineralization (from proper nutrition) has been known to normalize and calm behavior. A lack of proper mineral nutrition has been implicated in practically every symptom of poor health and emotionally extreme behavior.

The iodine in kelp helps restore thyroid function allowing one to lose weight swiftly. The iodine and other minerals in kelp help to increase the mineral content of all the organs allowing them to function more effectively. The better our organs function the more readily they are able to throw off toxins and rejuvenate. Also, kelp helps displace toxic minerals with healthy minerals (e.g. radioactive iodine with healthy iodine). This is called “chelation by replacement.”

<http://www.superfoodliving.com>

#9 - Medicinal Mushrooms (Reishi, Cordyceps, Maitake, Shiitake, Agaricus, Lion's mane, etc.)

High in polysaccharides and super immune enhancing components, medicinal mushrooms are one of the most intelligent adaptogenic herb/superfoods on the planet!!

Medicinal mushrooms are notable for their high content of the immune system supporting, connective-tissue building, joint healing, and skin youthening molecules known as beta glucans. Beta glucans is a specific type of polysaccharide (glyconutrient) similar to those found in yacon, goji berries, kelp, and aloe vera.

The medicinal mushrooms also contain dozens of compounds that help increase the weapons and cleansing agents available to the immune system, and have thus been proven effective in healing malignant tumors as well as a variety of other ailments.

Medicinal mushrooms also help to detoxify the body of certain synthetic chemicals such as bisphenol A (BPA) found in plastics.

<http://www.superfoodliving.com>

#10 - Blue Mangosteen

Rich in powerful free-radical scavenging antioxidants, the rind of the mangosteen fruit is considered to be one of the most agreeable, natural, herbal healing superfood substances on Earth. Blue mangosteen greatly enhances the body's natural inflammation fighting response and is extremely effective for improving joint function and flexibility. Other benefits include greater mental energy, improved focus, an enhanced immune system, and overall sense of well-being.

Blue Mangosteen also contains a unique proprietary blue-pigment spectrum extract of Klamath Blue-Green Algae (*Aphanizomenon Flos-Aquae*). This extract contains significant amounts of the health-enhancing, blue antioxidant, phycocyanin and the extract also contains mental-focus supporting phenylethylamines (PEA's). The rare, blue phycocyanin helps fight inflammation and it also helps the body to produce more rejuvenating stem cells.

#11 - Marine Phytoplankton

Marine Phytoplankton are tiny ocean dwelling micro-algae (very tiny plants) that form the basis of the Earth's entire food chain. Gram-for-gram, Marine Phytoplankton is likely the most nutrient-dense, alkaline superfood on Earth. Ocean's Alive Marine Phytoplankton is a raw, original, enzyme-rich living superfood product.

This living phytoplankton product is unparalleled in the world. Not only a complete source of living protein, but also arguably the most nutritious food on Earth. One drop of this product is enough to feel some effects.

<http://www.superfoodliving.com>

Marine Phytoplankton is:

- * The best plant-based source of long-chain omega 3 fatty acids (DHA, EPA).
- * A natural source of plant-based vitamins, minerals, antioxidants, polysaccharides, and protein.
- * A complete protein source. In fact, Marine Phytoplankton is over 60% protein by weight. Oceans Alive contains tryptophan, phenylalanine, tyrosine, and lysine.

#12 - Yacon Root (powder and syrup)

1. Regulates friendly intestinal flora, especially improves the growth of bifidobacterium
2. Reduces constipation
3. Helps to reduce the risk of developing colon cancer
4. Improves calcium and magnesium absorption
5. Improves vitamin absorption
6. Helps manage cholesterol, triglycerides, and fat metabolism in general
7. Boosts the immune system in a similar way to aloe vera
8. Contain glyconutrients
9. Ideal for low-calorie and weight-loss diets
10. Ideal for low-sugar diets
11. Ideal for cancer-fighting diets

<http://www.superfoodliving.com>

Though packed with sweetness, the sugar in yacon is mainly in the form of fructooligosaccharides (FOS), which cannot be absorbed by the body. This means

yacon is both naturally low-calorie and low in mono and disaccharides (less than 1 gram per serving of the sugars that rapidly elevate blood sugar levels). Yacon root syrup has little influence on the glucose tolerance curve and is dramatically less glycemic than honey, agave, or maple syrup.

Use yacon root syrup as you would honey, agave, stevia, or maple syrup on foods, in recipes and to sweeten beverages.

#13 - MSM

Even though MSM is not scientifically a food, we feel that it was too important to leave out.

MSM is a naturally occurring form of dietary sulfur found in fresh raw foods that are involved in the cycle of rain. MSM is deficient in foods grown in greenhouses or in foods grown through irrigation. MSM is volatile and destroyed by cooking. In the body, MSM softens leathery internal tissues by rebuilding connective tissue with elastic sulfur bonds. This is how MSM lives up to its reputation of building collagen and maintaining healthy joints. This is also why MSM increases flexibility (good for yoga), hastens recovery time from sore muscles, and is excellent for recovery from athletic injuries.

<http://www.superfoodliving.com>

Because of its collagen-building properties, MSM creates smooth skin, thick lustrous hair, and strong nails. MSM makes the tissues more permeable so that they may move nutrients in and toxins out with greater ease. MSM has a remarkable effect at neutralizing foreign proteins (i.e. allergens, toxins, undigested food) making it anti-inflammatory. MSM works particularly well in conjunction with vitamin-C rich foods.

#14 - Camu Camu Berry

Native to the South American rainforest, the camu camu berry is the highest Vitamin C source on planet!

Traditionally, camu-camu has been used to support the immune system, maintain excellent eyesight, create beautiful skin, defend against viral infections, aid healthy liver function, support strong collagen, tendons and ligaments, decrease inflammation, improve respiratory (lung) health, and help maintain optimal clarity of mind in times of stress and anxiety.

The camu-camu berry is also an excellent source of calcium, phosphorus, potassium, iron, and amino acids and has a tremendous research history suggesting its effectiveness in healing connective tissue, improving the immune system as well as detoxifying the liver, brain, and kidneys.

<http://www.superfoodliving.com>

And Don't Forget...

The Top 5 Superherbs

1. Vanilla Bean

2. Pau D'Arco

3. Cat's Claw

4. Chanca Piedra (herb) tea

5. Horsetail

<http://www.superfoodliving.com>

How To Add Superfoods and Superherbs Into Your Diet...

Any of the superfoods and superherbs can be added into anyone's diet. Simply discover the one's you like and stick with them.

Superherbs can be consumed as raw powders or as teas. One can make Sun teas, moon teas, infusion teas, cold teas, hot teas, etc.). Hot teas are best made using wood burning stoves, high quality water (preferably spring water), stainless steel pots, and water temperatures that are slowly heated to, yet preferably do not exceed, 170 degrees Fahrenheit (77 degree Celsius). The herbs should be added to the water when it is cold.

- Get out a blender and make entirely new types of shakes, smoothies, and beverages out of superfoods.
- Make all kinds of teas with the superherbs.
- Better yet, take your superherb tea and blend it with superfoods.

PLEASE NOTE...

Superfoods can be (and should be) consumed raw because 150 years of research has now demonstrated that living, raw food is superior in vitamin content, enzymes, co-enzymes, usable protein, usable minerals, glyconutrients, and many other elements of nutrition. Additionally, raw food is natural. Raw is how Nature provides us with food.

<http://www.superfoodliving.com>

Visit <http://www.superfoodliving.com>
to find out more / buy online...



<http://www.superfoodliving.com>