

20 SUPER FOODS

That Will Help You

LOSE WEIGHT AND LIVE LONGER



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Introduction

So, do you want to live a long and enjoyable life? Are you tired of feeling tired..? Do you want to learn how to feel great, lose weight and then sustain that great health..?

If you answered yes to these questions, then this guide is exactly what you're looking for! You'll learn how you can make yourself feel like a *whole new person* just by adding some delicious, nutrient-dense foods to your diet.

You'll find out for yourself what it's like to have energy, feel good and love life..!

If you've made some not-so-healthy choices in the past and you're feeling the results today, that's okay...hey, we're all human and often it's necessary to live and learn. But, you don't have to stay in a world where you barely have the energy it takes to make it through your day.

You don't have to live your life with aches and pains, disease and illness. While you can't stop every little bug that finds its way into your body, there are a lot of things you can do to turn your immune system into the toughest warrior that defends your body against practically everything..!

You don't have to spend your life being overweight, uncomfortable and miserable. Fad diets will only leave you feeling hungry and lacking, while loading up on superfoods will make sure you lose weight without even trying!

You can have just as much energy and vitality at the end of your day as you do at the beginning. Life is short and you should look forward to bounce out of bed, ready to take on the world each and everyday of it..!

The way to make all this happen is simple, eat the right foods – **superfoods..!**

When you incorporate these into your diet, you'll very quickly begin to feel so different, *so good*, that you'll wonder what took you so long to discover them.

If you don't know a thing about superfoods right now, don't worry because you will soon be able to load up your grocery cart with 20 of them. In fact, by the time you're done reading this eBook, you will know:

- ✓ What effect your current eating habits are having on your body and how you may be sending yourself to an early grave

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- ✓ How your low energy and shifting moods may be more related to the foods you eat than they are to the external stressors that you endure day in and day out
- ✓ The carbohydrates and proteins you should be eating and which ones you should avoid at all costs..!
- ✓ Why fat in your diet is beneficial and how you can become healthier by making sure you get enough
- ✓ Which foods you should add to your diet, allowing you to feel the best you possibly can – every day, all day..!
- ✓ How making just **minor changes** to what you eat can bring you **major** results
- ✓ Ways to make adding superfoods simple and enjoyable..!
- ✓ A couple different recipes to get you started on your journey to health and wellness.

You don't have to settle for a so-so body. It's possible – many nutritionists would argue it's *necessary* – to eat in a way that supports your long, healthy and weight-stable life.

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The Problem With Our Modern Day Eating Habits

It is proven and there's no doubt that, as a society, we eat very differently today than we did in the past. Because of these changes, we have eating habits that are essentially shortening our life span down into a fraction of what it could be.

Way Back in Time

Look at the way our ancestors ate long, long ago. The cavemen went out daily and gathered food for every meal. If not, they didn't eat..! So, they hunted for animal meat and foraged fruits, berries and nuts – generally everything they could find above ground – to bring back to the women to cook and eat right then and there.

They didn't have the option of going to the local supermarket or convenience store and picking up a bunch of heavily processed foods when they were hungry. Food wasn't always available to them. They had whatever they could locate that day at their disposal, nothing more.

Now, one could argue that they didn't live very long either, which is true, but don't get the wrong idea here, it certainly wasn't that healthy diet that killed them; it was the lack of medicine to treat conditions which today are completely manageable with modern knowledge and technology.

Not So Long Ago

You don't even have to go back that far to see that things have changed. Think back just a few years to when you were growing up. You can easily see in just that short time frame that we're in a completely different place food-wise than where we used to be.

Today's lifestyles as a whole have dramatically changed. Men used to go to work every day while the women stayed at home and tended to the housework and children. Every night, dinner was spent with the whole family sitting down to a nutritious, home-cooked meal, with ingredients that were organically reared or grown locally..!

Unfortunately, as far as eating habits are concerned, those days are gone. In fact, the entire makeup of the average household is different. People are more often time constrained between work, household duties, running here and there, and doing everything else required to keep everything together and afloat. The result..? No time to prepare healthy meals and practice good eating habits.

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Convenience vs. Nutrition

We're in an era of convenience. If we're hungry, we stop at fast food restaurants. If we want a snack, a gas station or corner store offers a plethora of items. We eat a majority of our meals on the go.

When was the last time you sat down to a home-cooked meal that took some time to prepare? And, how often do you get this opportunity? Sadly, if you're like most people, it's not often enough.

Most of the time we choose what we're going to put in our bellies based on how easy it is to obtain as opposed to its nutritional content. We're so tired from all our other obligations; the last thing we want to do is take the time necessary to prepare meals that meet all of our nutritional requirements.

Empty Calories = Low Nutrition Foods

When we choose foods based on speed versus nutrition, obviously the end result – what we put in our stomachs – is not very healthy for us. Foods that are quick to grab tend to be loaded with chemicals and preservatives to help them have a longer shelf life. They've been processed so much that most, if not all, of the nutrients that the food once had, are now gone.

That means that we're missing out on the necessary vitamins and minerals that our bodies need to feel good and work efficiently. The very foods that we're eating to sustain ourselves are filling us up, but they're not actually helping us become strong and healthy and full of energy.

In fact, they're doing just the opposite. They're leaving us lethargic and miserable. They're leaving our bodies open to every type of illness and disease.

Societys' Expanding Waistline

Because of these dietary changes, as compared to both the distant past and the more recent pre-convenience era, society is becoming fatter and suffering a long list of health problems linked to overconsumption – of sugar, carb's and chemicals – and malnutrition. The prevalence of obesity (considered 20% or more over healthy body weight) is so high that health and fitness experts often refer to it as an epidemic.

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According to the Centers for Disease Control and Prevention (CDC), “More than one-third of older adults aged 65 and over were obese in 2007–2010.” That number is the same for middle-aged adults as well...and it’s getting worse..!

What’s even more scary is that experts believe that if we keep going at this rate, then two-thirds of adults will be obese by 2020. When will it stop..?

When you carry too much weight, there are a whole series of negative side effects to be expected. Your body isn’t designed to carry that much excess fat, so it retaliates.

On a simplistic level, it becomes harder to move around. Day-to-day activities require more effort than normal when you have 10, 20 or 100 extra pounds of fat carried by your bones and muscles.

If you’re extremely overweight, you’ll be restricted from doing certain activities. To the extreme, maybe you no longer fit in an airplane seat and cannot travel. Or, to a lesser extent, perhaps you find it difficult to walk, so sightseeing is out of the question without a roomy vehicle and stairs become an agony.

On a more complex level, when you have too much of the white stuff in your body, your vital organs can’t function as intended. Your heart and lungs have to work harder. Your whole body struggles to keep up with being much bigger than it should be, rendering all your organs less effective.

As a result, health condition after health condition starts to crop up. The [National Heart Lung and Blood Institute](#) points to obesity as the cause of an alarmingly high number of people afflicted with conditions such as heart disease, type 2 diabetes, high blood pressure and cancer...diabetes by the way, is a hugely rising menace, effecting all ages or both men and women of every nation around the globe..!

While these health issues also affect people of a normal weight, they are inarguably more prevalent in those who carry a lot of excess fat on their body. That means most sufferers of these chronic conditions likely wouldn’t have to endure the pain, discomfort and expense of being ill had they just changed their eating habits.

So far, these statistics are just about adults..! Childhood obesity is on the rise as well, having doubled in kids 2–5 years old and tripled for older children in recent years. Is this the lifestyle we want our kids to endure..?

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Because of the health issues that are a result of a nutrient-deficient diet that includes too much food, overweight people are dying at a younger age. According to the National Institutes of Health, if we don't change our ways, the average life expectancy of our nation is going to drop by at least five years over the next few decades.

Can you imagine being at death's door and knowing that you could have had five more great years had you merely taken better care of yourself..?

Here is the important thing to remember: You don't have to let it get to that point. You can do something about it starting now. Make a commitment to better health today, and begin making choices that support total health.

The first step in your quest is education. You have to know what you're putting in your body and the effects food has before you can find motivation and methods to change your eating habits.

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The Truth about Carbs, Protein & Fat

In considering the average person's diet, we need to talk about three main components: carbohydrates, protein and fat. Where a food falls in these categories, called macronutrients, is dependant on each ingredient's core components and, subsequently, what effect they have on the body.

Simple vs. Complex Carbs

There are two types of carbs, separated based on the effect they have on your body. The simple carbs, commonly referred to as the bad carbs, are digested rather easily. These are your sweets like candies, cakes, cookies and pies. They're also your salty snacks like pretzels, chips and crackers. Anything with white sugar or white flour belongs in this category...absolute (and deadly) poison..!

When your body digests food, it sends whatever it breaks down, directly into your structural cells and blood stream. Carbohydrates are broken down into glucose, which is a type of sugar.

So, the problem with simple carbohydrates is that they are processed so quickly by your body that it creates a surge of blood sugar. That's why you feel so good when you eat them...It creates a sugar high..!

You may think that's good, but the high is quickly followed by the crash. Your body produces insulin in an attempt to lower your blood sugar. Because it surged so quickly, your body often produces too much and overcompensates, leaving it lower than before, which causes you to feel lethargic and moody.

Your body doesn't like to feel down like that and craves another high. It wants to have energy and feel good. So, in order to chase that experience, it makes you want more simple carbs.

It can't rationalize that they're bad in the long run. Your brain and body just feel that blood sugar levels are too low, and they want another spike. Thus, the vicious cycle of cravings begins.

Compare that to complex carbohydrates – the good carbs – and you'll see a completely different pattern play out. Because these foods are closer to their natural state, it takes your body longer to digest them. Therefore, you don't experience those hard-to-beat

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cravings. Your blood sugar remains stable and you're often not as hungry because the foods are being broken down in your body over a longer period of time.

Complex carbs are also better for you because they are higher in vitamins and minerals, because they haven't been processed out. The more you change the structure of a food, as in changing whole wheat flour to white flour, the more you risk losing all the health and nutrition it once contained.

Good examples of complex carbs are, brown rice, oatmeal and barley. These foods help your body get the sugar it needs to burn as immediate fuel without negative consequences, both in the immediate and distant future.

What Quality Protein Does for Your Body

Protein is just as critically important for your body. It helps supply your muscles with what they need to stay strong and full of energy. Additionally, protein is the foundation of a strong, healthy immune system and gives your body the hormones and nutrients it needs to function as intended.

When most people think of protein, they think of bodybuilders. While it's true that they are the icon for this particular macronutrient, everybody actually needs protein in their diet. However, those who consistently push their bodies as hard as athletes do, need more protein because it helps their muscles repair and heal after a grueling workout.

Protein is separated into two types: animal-based and plant-based. Animal-based proteins are your cuts of meat, such as beef, lamb, chicken, turkey and fish. But it also includes animal sources like eggs and dairy; even whey protein powder is in this category because it is derived from milk. Plant-based proteins are rarer but can be found in nuts, beans, soy and leafy greens.

The key to picking quality proteins is to choose items that are lower in saturated fat. As a general rule of thumb, make sure your meat doesn't have marbling, and cut off any excess that is visible...there is already plenty of fat in most meats. Choose low-fat or fat-free dairy products if it suits you better.

For vegans and vegetarians, it's also important to think about getting in all the essential amino acids – the building blocks of protein. Animal sources are called complete proteins because they contain all the amino acids you need. Aside from meat and dairy, other sources of complete proteins include buckwheat, seaweed, soy and seeds like chia, hemp and quinoa.

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Peas, broccoli and kale are also decent plant sources of protein. Perhaps the easiest to work into any diet are tree nuts, which also tend to be high in heart-healthy fats. Which leads us to our next section . . .

Fat: Why You Need It

Due to confusing (and often plain wrong) information and the subsequent bad press, people often think that fat should be completely cut out of their diet in order to be eating healthfully. However, that is and has never actually been the case! You need some fat in order for your body to function. Ensure at least 20% of your calorie intake is from healthy fats.

If you eat too little fat, you'll face negative consequences. Your hair and nails will become brittle, your skin dry. And, females could stop menstruating when body fat percentage drops too low. While this seems like it may be a plus, it actually is not beneficial for your body's health in the long run.

Researchers, such as those at the Harvard School of Public Health, are now learning that it's not fat as a whole that leads to health issues, but specific kinds that are more troublesome: *saturated and trans-fats*. These are the fats that build up in your arteries and veins and can cause all sorts of health issues.

Foods that are high in trans fats include margarine, fried foods, shortening, bread products, hydrogenated and partially hydrogenated oils, packaged snacks and processed meats like jerky and ground beef. Most of these are foods that you want to limit, if not eliminate, entirely from your diet.

However, whole food sources of saturated fat like coconut oil, chocolate and animal fat (including butter and grass-fed red meat) have been shown to have health benefits in reasonable quantities. Saturated fat helps your body absorb vitamins and nutrients, regulate hormone production, create healthy cells and give energy to your muscles.

The healthiest fats are found in olive oil, avocado, nuts like almonds and walnuts, seeds like flax and pumpkin, and fatty fish such as salmon. These types of foods, although they have higher fat content, include minimal saturated fats such as Omega 3 and are beneficial to your body.

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Incorporate Superfoods for Super Health

All that being said, there are some ingredients that rise above the rest when it comes to taking your health to the highest levels possible. These are the best-of-the-best and have amazing benefits when it comes to your health and wellness. They are aptly called 'superfoods'.

What Makes Food Super?

What's the difference between a food that's just good for you and one that earns the prefix "super"..?

Superfoods are very high in quality vitamins and minerals and have limited, if any, negative qualities (such as containing a lot of saturated fat or nasty chemicals and preservatives).

Foods that are given this elite distinction are promoted as part of a healthy diet that will ultimately reduce your risk of any serious conditions or diseases and/or alleviate any health problems you're currently facing. They help you return to a normal weight and function more efficiently and easily.

Basically, superfoods give your body what it needs to live a long, healthy and happy life. Really, does fuel get any better than that?

Benefits of a Superfood-Rich Diet

When you eat a diet that includes superfoods, you enjoy tons of benefits. You have more energy and increased stamina, allowing you to navigate your day with ease. You also enjoy more stable, more positive moods, in part because you're less likely to be plagued with chronic illness and disease.

And, as far as your physical health is concerned, you have a lower risk of serious health conditions and suffer from fewer of the minor conditions like colds and flus because your immune system is stronger. If you already have a condition, it is more manageable as your body can heal and repair itself more readily.

It's simple...As a result of positive effects like these, you have a greater chance of living longer. Your body doesn't have the complications of a diet that is unhealthy and

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counterproductive. Your blood, organs, bones and muscles are all functioning at their maximum capacity.

In addition, you look better. You carry less body weight and have a more toned physique. Your hair, nails and skin are all in the best shape possible. Basically, you look and feel like a million bucks!

How to Incorporate Superfoods into Your Diet

Of course, you need to be sensible here (and human of course), you can't necessarily expect to incorporate every single superfood that there is – and there are many more than what I describe in this report – into your diet on a daily basis, because you'd never have room for anything else. However, try to incorporate at least two or three per day because they have so many beneficial aspects that will leave you feeling so much more energetic and healthier...start with at least one per day and build up..!

Although recommendations are given with each superfood, within this guide, don't be afraid to experiment. Ask around to see what ideas your friends and family have for each option. There are lots of healthy recipes online to try; simply search for "superfood recipes" or "[any ingredient] + healthy dinner".

The main thing you want to remember is that the more you eat nutrient-dense foods, like the 20 superfoods listed here, the better you'll feel inside and out. Your body will be healthier, and you won't so easily fall prey to illnesses or diseases that could have possibly been avoided by a diet that provides all the nutrition you need.

You really will also reduce your weight effortlessly. Most of the foods are high in fiber, which will keep you fuller, longer, so you're no longer suffering the junk and sugar cravings which usually means constantly opening the fridge or pantry in search of food.

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20 of the Best Superfoods

Now that you understand why superfoods *need* to be in your diet, it's time to give you the best, most common superfoods so you can add at least some of them to your eating plans and start to enjoy their benefits today..!

Here are the top 20 superfoods, in no particular order:

Green Tea

Green tea is amazing due primarily to its antioxidants, which hunt down free radicals in your body. Essentially, what this means is they destroy things that can contribute to health conditions such as cancer and coronary artery disease.

Also, according to the [University of Maryland Medical Center](#), research has shown that this beverage lowers cholesterol levels and reduces your likelihood of having a heart attack. Green tea has also been linked to lower incidences of dementia plus the prevention of diabetes.

What makes green tea so much better than black? It is unfermented and goes through less processing so the nutrients and healthful compounds it has aren't as diluted or minimized.

Recommendation: Try to drink two to three cups a day of this superfood to get its maximum benefits. Enjoy a cup in the morning as a way to get your day going and another in the mid-afternoon to give your body good health all day long.

Almonds

This nut in particular is packed with nutrients...and certainly my favorite...It's high in calcium, magnesium, vitamins E and B, and potassium. It also contains zinc, selenium, phosphorus and copper.

All of these vitamins and minerals and nutrients give you increased energy, a faster metabolism, stronger bones, a better immune system, lower bad cholesterol levels and regulated blood pressure. Eating these nuts has also been associated with lower risk of major health conditions such as Alzheimer's, cancer and diabetes.

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They're also high in protein and fiber, which fills you up and keeps your tummy satisfied for longer periods of time. That's a bonus for anyone trying to watch their weight..!

Some people shy away from almonds because of their high fat content. However, it's the heart-healthy kind of fat, and they contain less per serving than other tree nuts!

Recommendation: Aim to eat 1/4 cup a day (about a handful). You can crush them up and add them to fat-free probiotic yogurt for breakfast, or crush them to use them as a salad topper. If you're eating on the go, just grab a handful, preferably the unsalted kind, and enjoy them as a quick, satisfying snack.

Avocados

Avocados are a cancer-fighting fruit. They have chemicals in them that actually seek out certain cancerous or pre-cancerous cells to obliterate.

According to Dr. Nalini Chilkov, as written in a Huffington Post article, avocado's carotenoids "inhibit the growth of prostate, breast and head and neck (oral) cancers." The vitamin E and lutein in them contributes to a lower risk of breast cancer as well.

In addition to these benefits, avocados are also a great source of fiber, vitamin K, potassium and folate. All of these nutrients allow your cells to function efficiently.

Just as almonds have received a bad rap for their fat amounts, so too have avocados. However, they also contain some of the healthiest fats, which makes them a must-add to any healthy diet.

Recommendation: Include avocados in your eating plan at least a few times per week for maximum benefits. Chunk or slice them up to add to dishes such as salads or mash them up with other garden fresh veggies and spices to make guacamole for dipping nutritious veggies.

Blubberies

The health benefits of this delicious little blue fruit have actually been recognized since far back into human history. According to WebMD, blueberries were once used to treat coughs. They offer nearly 25% of your recommended vitamin C and are also high in fiber, which is great for your digestive system.

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In addition, they have antioxidants such as vitamins A, B and E, selenium, zinc and iron. These vitamins and minerals help strengthen your immune system so you don't fall prey to whatever nasty virus or bacteria tries to invade your body.

The list of blueberry benefits is fairly substantial, from better vision to increased learning capacities to lower incidence of excess belly fat. Suffice it to say, blueberries are an ultimate superfood..!

Recommendation: When you pick your berries, choose ones that are slightly firm and vividly colored. Try to eat a good handful, everyday if you can get them. You can have them as a snack by themselves or add them to your yogurt or cereal.

Flaxseed

Flaxseed is high in omega-3 fatty acids and fiber. It helps your body lower your low-density lipoprotein (LDL), or bad cholesterol, and it keeps your digestive system running super smoothly.

Studies show that adding this one superfood to your diet can reduce risk of breast cancer (it's lignans interfere with cancer cell growth), diabetes and heart disease. It decreases your chances of lung disease as well.

Recommendation: You can either grind flaxseed up, or eat them whole. Because your body has a difficult time digesting these seeds, it is recommended by health experts that you choose the ground option whenever possible. If you do buy whole, you can grind it yourself using a coffee grinder or food processor.

Incorporate one tablespoon of flaxseed in your diet daily. Add it to your cereal, oatmeal or non-fat yogurt for a boost at breakfast, or throw it into recipes whenever you're baking.

Olive Oil

Although olive oil contains a decent amount of fat, it's monounsaturated, which is the healthiest kind. According to Dr. Donald Hensrud from the Mayo Clinic, healthy fats lower your cholesterol, allow for more stable blood sugar levels, and help your body clot more efficiently when you're cut or injured.

Olive oil also helps reinforce your immune system thanks to its oleocanthal, which is a phytonutrient that acts as an anti-inflammatory, thereby reducing your risk of cancer and

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many other diseases. For example, it also reduces blood pressure and lowers your risk of developing rheumatoid arthritis.

Recommendation: Make sure you store your olive oil in the dark because air, heat and light can affect its quality. Keep it in your cupboard or even in the fridge.

Use a little bit to fry up a quality protein, like chicken or pork chops, or add some vinegar and spices to it and make a heart-healthy salad dressing. Limit yourself to no more than two tablespoons of this superfood daily.

Eggs

Eggs are a fantastic source of protein for your body. That's why most health professionals make sure they get an adequate amount of this superfood in their diet; it helps repair muscles and keeps your immune system going strong.

In addition, eggs have a lot of nutrients that increase your body's efficiency, such as vitamins A & B, iron, calcium and potassium. Eggs also contain choline, which is important to the health of your brain and nervous system.

Despite the wealth of benefits, this staple food is surrounded in controversy over whether or not they're ideal in everyone's diet. Because the yolk contains cholesterol, many people wonder if the benefit of eating eggs outweighs the risk.

According to Harvard School of Public Health, research has proven time and time again that the effect of cholesterol in eggs on the cholesterol in your blood is so minimal that one egg a day won't hurt an otherwise-healthy person.

Other researchers aren't so convinced. Dr. David Spence in London conducted a study in which he looked at over 1,200 people's health and dietary habits, concluding that eating too many eggs can cause arterial build-up. Dr. Spence compares eating eggs with smoking. He feels that egg promoters are ignoring the facts in an effort to make a profit.

Despite the concerns of Dr. Spence and others like him, most nutritionists agree that eggs have many beneficial qualities. So, the only question is how many are okay to consume.

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Recommendation: Because of the cholesterol, some nutritionists recommend limiting yourself to no more than four yolks a week, while others say that one to two eggs per day won't harm you. The decision is yours as to which guideline to follow.

If you already have cholesterol issues or diabetes, it is recommended that you err on the side of caution and limit your consumption to no more than three yolks a week.

Eggs are obviously great for breakfast, whether scrambled in a little olive oil or poached. You can also hard-boil them and eat them as a snack, or dice them up and put them on a salad. Lesser-known easy egg preparations include adding one to a hot bowl of soup or cracking a few into a stir fry.

No matter how you prepare them, be careful that your eggs are thoroughly cooked so as not to get salmonella poisoning.

Salmon

Salmon's most prominent health benefit is the fact that it is so high in omega-3 fatty acids. Omega-3s carry many positive health effects, such as:

- Improved brain function
- Fewer vision-related issues, such as reduced risk of macular degeneration
- Lower incidences of heart disease
- Increased protection of the skin against sunburn and skin cancer
- Decreased likelihood of depression

In addition, salmon can help prevent different kinds of cancers, such as kidney and non-Hodgkins lymphoma. It also has selenium, which strengthens the immunity of your cells.

Recommendation: Salmon is great to eat in many different ways. You can have it in sushi, on a salad or just as a healthy steak. Try to eat it twice a week for maximum benefits, and always look for wild-caught instead of farm-raised.

Spinach

This superfood has health benefits a mile long. It has fiber, which helps your digestive tract work properly and keeps your blood sugar stable, and it's anti-inflammatory so it works to strengthen your immune system.

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This leafy green also protects your body against cancer (most specifically, prostate cancer) with its flavonoids and keeps your skin looking young and healthy thanks to vitamin A. Plus, its vitamin K works to give you nice, strong bones and protects your brain and nervous system.

Recommendation: Eat this powerhouse daily by cooking it into dishes like omelettes and pastas. Or, eat it raw as a salad to reap way more health benefits than you would with regular ol' lettuce.

Probiotic Yogurt

The basis of probiotic yogurt is that it introduces good bacteria into your system, specifically your intestines. It bolsters the health of your entire digestive system, even if you're lactose intolerant, and helps reduce abdominal bloating and gas-related discomfort.

If you've been sick and on antibiotics, there's a high likelihood that your medication has killed off the good bacteria in your system as well as the bad. Eating probiotic yogurt will help replace the good bacteria and give you relief from related symptoms, such as diarrhea.

Dr. Alan Greene, M.D. wrote an article pointing out the many health benefits of probiotic yogurt and added that, in addition to intestinal advantages, there are many other positive effects. Probiotic yogurts can help ease suffering from food allergies, eczema, asthma and sinusitis.

Recommendation: Try to get one serving a day to keep your digestive and other systems intact. You may want to even go for two servings if you have an infection and are on antibiotics...keep away from the "sweetened" variety..!

Oats

Oats contain a lot of fiber, which is effective at lowering your cholesterol levels. As the oats pass through your digestive system, they help trap cholesterol, which prevents it from going into your blood stream.

They also contain antioxidants that lower your risk of cardiovascular disease. In fact, oats are so beneficial that Dr. David L. Katz, MD, MPH published "A Scientific Review of

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the Health Benefits of Oats” in an attempt to encourage people to eat more of this superfood.

Some of the benefits he cites are lower risk of heart disease through oats having a positive impact on diabetes and hypertension. Also, they help to keep your weight in check, thus reducing the risk factors commonly associated with obesity.

Recommendation: Aim to consume 1–1 1/2 cups of cooked oats a day. You can make oatmeal...stay away from the packets of sweetened instant oatmeal as they have added ingredients that are not as good for you.

Açai

This berry has gained popularity in the last 10 to 20 years, although it has been around for ages. Açai berries come from Central and South America, are about an inch around and contain a high amount of antioxidants, even more so than most any other berry.

This superfood has been touted to do everything from prevent cancer and cardiovascular disease to help you lose weight and give you more energy. So, what does the research say about açai..?

According to an article published by the University of Florida, assistant professor Stephen Talcott points to research that shows promise that açai berries could help leukemia cells self-destruct. While it's not yet close to being a cure, this science is headed in the right direction.

Can açai help weight loss..? The jury is out on this, as scientific evidence has yet to support that fact. Most nutritionists agree that while it may be a great part of a healthy diet, no single substance will flush fat from your system, açai included.

Recommendation: You can get açai products in most any form, from an easy-to-swallow pill to a sweet juice. Whichever method you choose, follow the guidelines suggested by the manufacturer to get the most out of this superfood.

Kale

This leafy green is a powerhouse when it comes to packing away vitamins and minerals. It has a high amount of iron, which is essential to getting oxygen to your body, and plenty of vitamin K, which helps ward off cancer.

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Kale is high in fiber, anti-inflammatory and helps lower cholesterol. It has vitamin A, which protects your eyesight; vitamin C, which strengthens your immune system; and calcium, which reduces bone related issues such as osteoporosis. It also has sulfur, a natural way to help detox your body.

Recommendation: Add kale to your diet by putting it into a smoothie with yogurt and protein powder, or mixing it with your favorite fruits and veggies in a juicer. Or put it on a sheet pan, slip it in the oven until it's crisp, sprinkle it with a dash of salt, and you'll have a nutrient-dense replacement for potato chips.

Jerusalem Artichokes

They're actually closer to ginger root than artichokes, but regardless, Jerusalem artichokes pack a healthy punch. They're high in potassium, which keeps your heart healthy, and magnesium, which help your muscles function effectively.

They're also high in fiber to support a healthy digestive tract. According to [Livestrong](#), they're "one of the best sources of inulin that you can add to your diet." This works to keep your blood sugar from experiencing excessive highs and lows.

Jerusalem artichokes are also high in iron. So, in addition to helping distribute oxygen to necessary part of your body, this superfood will also keep your liver healthy.

Recommendation: When picking them at the store, select a Jerusalem artichoke that is pale brown, firm and fresh. Cook them the same way you would a potato. You can roast them with a little bit of heart-healthy olive oil, or chop them roughly to add to soups and stews.

Wheatgrass

Wheatgrass has so many positive benefits; this list of superfoods would surely be incomplete without it. According to the Hippocrates Health Institute, if you consume wheatgrass, you're helping your body:

- Lower blood pressure
- Increase metabolism
- Support effective thyroid gland functions
- Keep your blood alkaline (important for your digestive system, such as with ulcers, diarrhea and constipation)

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- Protect your liver
- Detoxify your blood
- Promote healing
- Soothe irritated skin
- Firm your gums and freshen your breath
- Slow aging
- Increase fertility

Not all these claims have been substantiated with research, but consumption of wheat grass has shown enough positive effects to earn its place among the superfoods that you should include in your diet.

Recommendation: You can get wheatgrass in juice or powder form, as produce or in pills. If you have a green thumb, you can also grow it yourself.

Chia Seeds

Chia seeds are high in protein and fiber, which helps keep your blood sugar stable and your digestive system intact and fully functional. They also contain omega-3 fatty acids, which promote heart health and lower cholesterol, among other benefits.

These little seeds are high in antioxidants to fight off free radicals in your body, reducing your risk of inflammation and diseases such as cancer. They have calcium, boron and magnesium, giving your body a healthy kick of many different nutrients it needs to function efficiently.

As a weight-loss bonus, chia seeds help you feel full quicker since they expand when exposed to water. They enhance your energy and, because they keep your blood sugar stable, you won't have intense cravings for unhealthy foods.

Recommendation: You can buy chia gel and substitute it for half of the butter in your recipes, or just add the seeds to your morning smoothie. They take on the taste of whatever they're mixed with, so you can put them in salsa or any other healthy dip for a heavy dose of nutrients you'll hardly notice while eating.

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Adzuki Beans

Often found in Asian cooking, these naturally sweet beans offer a flavor that's nutty. They're great for your heart and high in fiber, and they contain adequate amounts of folate, potassium, magnesium, phosphorus, iron, manganese and zinc.

These little red beans provide energy by way of a few of the B vitamins, and they also contain molybdenum which helps detoxify your liver. Adzuki beans are great in healthy desserts because they'll stabilize your blood sugar while their high protein content keeps your tummy feeling fuller longer.

Recommendation: Eat these beans fresh, dried or ground into flour to use when baking. Simple preparations include putting them on top of a salad and cooking them with brown rice.

Spirulina

Spirulina is a freshwater plant that is extremely high in protein. In fact, it's even earned the rare distinction of a complete plant-based protein because it contains all the essential amino acids.

The several different B vitamins and multiple acids it contains include gamma-linolenic acid (GMA), alpha-linolenic acid (ALA) and linolenic acid (LA). Spirulina also has potassium, calcium, magnesium, iron and a whole host of other nutrients that support healthy, regular body functions.

Because of the many vitamins and minerals it contains, spirulina is known for reducing your risk of cancer and heart disease. It also contains sulfolipids, which play a role in HIV protection.

Recommendation: Spirulina is available as a supplement in pills and powders, or in energy bars and drinks. For maximal health benefits, take one or two tablespoons every day.

Lentils

Lentils are a high-fiber legume. As you've learned already, fiber helps lower your cholesterol and keep your circulatory and digestive systems healthy. Lentils also have folate and magnesium, which further reduce your risk of heart disease.

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They're a great source of protein, making them one of the best sources of muscle-building nutrients for vegetarians. They also contain complex carbohydrates, which help keep your blood sugar from taking those nasty spikes and dips.

In addition, they're high in iron, which promotes oxygen distribution and metabolism. All in all, they're a dream come true for anyone watching their weight because the makeup of lentils leaves you feeling satisfied for longer periods of time.

Recommendation: Lentils are great in salads, processed into spreads, or cooked by themselves and served as a side dish.

Broccoli

This final superfood is a vitamin and nutrient powerhouse, just like the 19 listed before it. It's high in potassium, which promotes brain and nervous system function, and magnesium and calcium, which are important when it comes to maintaining healthy blood pressure.

Broccoli has vitamin C to help you fight off infection and vitamin K and calcium to keep your bones healthy and strong. It also contains glucoraphanin, which is important to skin health.

Its beta-carotene boosts your immune system, and its indole-3-carbinol helps fight cancer and keeps your liver running healthy and strong. The fact that broccoli is high in fiber assists your digestive system and promotes weight loss because it fills you up.

It has vitamin A, which is great for vision, and B vitamins, which lower the chance that you'll suffer a stroke or heart attack. Truly, broccoli has so many positive effects on your health that you'd be foolish to leave this superfood out of your diet...it's a must-have..!

Recommendation: Broccoli is so versatile that there are many different options when it comes to eating it. You can cut it up and snack on it raw, add it to casseroles and pasta dishes, or steam it for a yummy side dish. It's also a cinch to roast; simply sprinkle it with lemon pepper and a little olive oil, and pop it in the oven for 10 minutes.

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Superfood Recipes to Consider

Now that you know what you should be eating, you need to know how to eat it. Here are a few recipes to help you start to incorporate these top superfoods into your diet right away...there are many more things you can do with all the superfoods discussed in this guide – and the many others not discussed. Experiment and have fun...

Hot & Tangy Broiled Salmon with Green Beans

Ingredients

- Main Course
 - 3 fresh salmon filets
 - 1 pound fresh green beans
 - 2 Tbsp. fresh ginger, minced
 - 2 jalapeno peppers
 - 1 bunch watercress, washed and dried
- Green Bean Dressing
 - 1 clove garlic, mashed or minced
 - 1 Tbsp. white wine vinegar
 - 1 Tbsp. Dijon mustard
 - 2/3 cup extra-virgin olive oil
- Salmon Glaze
 - Juice of 1 fresh orange
 - 2 Tbsp. soy sauce
 - 2 Tbsp. raw honey
 - 2/3 cup sesame oil

Directions

Preheat your broiler to 350°F (175°C).

Start by rinsing the beans. If you prefer, you can cut the ends off.

Lightly steam the beans in a little salted water until they are just cooked.

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As the beans are steaming, make the dressing for them. Combine garlic and mustard; then, slowly add the olive oil and vinegar. Stir quickly with a fork. Once done, combine with the steamed beans, and set aside.

Next, make the glaze for the salmon by mixing together all the ingredients. Spoon half the mixture over the fillets.

Slice peppers, and roughly chop ginger. Add to the fillets.

Cook salmon in the oven for around 5 minutes.

Prepare a bed of watercress on your chosen serving dish. Lay cooked salmon on top, followed by the rest of the glaze. Serve with the green beans.

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Spinach, Red Lentil and Bean Curry

Ingredients

- 1 cup red lentils, prerinsed
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1-inch piece ginger root, grated
- 4 cups spinach, coarsely chopped
- 2 tomatoes, chopped
- 4 sprigs fresh cilantro, chopped
- 1 can (15.5 ounces) mixed beans, rinsed and drained
- 1/4 cup tomato puree
- 8 ounces nonfat plain yogurt
- 1 tsp. garam masala
- 1/2 tsp. ground dried turmeric
- 1/2 tsp. ground cumin
- 1/2 tsp. ancho chile powder
- 2 Tbsp. vegetable oil

Directions

Add the lentils and the beans into a medium-sized saucepan. Cover with water, and bring to the boil. Then, simmer over medium-low heat for 20 minutes. Drain to remove the starchy water.

Combine the yogurt and tomato puree, and then add the garam masala, turmeric, cumin and chile powder.

Heat the oil in a skillet over a medium heat. Add the onion, garlic and ginger, and stir until the onion is translucent and the garlic and ginger become fragrant. Add the spinach, and stir once before adding the tomato and yoghurt mixture, followed by the tomatoes and cilantro.

Add the cooked beans and lentils. Simmer for 10 minutes, and serve!

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Frozen Yogurt Sundae with Spiced Nuts

Ingredients

- 1 quart probiotic yogurt
- 1 Tbsp. coriander seeds
- 1 tsp. cumin seeds
- 1/2 tsp. black peppercorns
- 1 tsp. fennel seeds
- 1 tsp. ground turmeric
- 1/2 tsp. ground mustard seed
- 1/2 tsp. ground ginger
- 2 cups raw mixed nuts (almonds, walnuts, pecans and cashews)
- 1/4 cup corn syrup
- 1 tsp. finely grated orange zest
- 1 tsp. sea salt
- 2 cups frozen blueberries or cherries
- 1/4 cup coconut sugar

Directions

Transfer the yogurt into the bowl of your ice cream maker, and place in the freezer for a minimum of one hour.

Next, preheat your oven to 350°F (175°C).

Mix the seeds and whole spices, and heat in a skillet over a low heat for 3 minutes. Stir often so as to lightly toast them, not burn them. Once fragrant, allow the spices to cool before grinding them using a mortar and pestal. This takes a bit of elbow grease!

Add the remaining spices to combine.

Line two oven trays with baking paper.

Next, add the corn syrup and nuts to a bowl, and mix to coat. Then add the spices, orange zest and sea salt, and mix to evenly cover the nuts.

Spread out the nuts on the trays, and roast for 15–20 minutes. Remove from the oven, and leave to cool.

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Make a fruit compote – simply combining the berries and sugar with between 1/3 and 1/2 cup water. Heat over low heat in a saucepan until the sugar dissolves.

When you are ready to serve, spoon the frozen yogurt into a bowl, and top with the nuts and fruit sauce.

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Conclusion

Superfoods are nature's way of making it easy for us to get exactly what we need to live a long, comfortable, happy and plentiful life. The more superfoods you eat and the more often you eat them, the better you will feel. You'll get all the vitamins, minerals and nutrients (and then some) that your body needs to function efficiently and effectively.

In addition, you'll help take your body to, and then maintain, a healthy weight in a natural, sustainable manner. Because most of these superfoods are high in fiber, you won't have to endure hard-to-resist cravings and periods where you're so hungry that you'll eat anything and everything in sight.

Commit to putting Super Foods into your diet, and you'll have increased energy, healthier muscles and organs, and a lower chance of facing some horrible, potentially fatal disease. If you can prevent an early death by adding some yummy food to your diet, why wouldn't you..?

Can it be difficult to make changes to your diet..?

Yes, altering any daily habit can at first feel like pulling teeth. But, isn't it also difficult to suffer from some needless health condition..?

Do your body a favor and start to take care of it...It's the only one you have..!

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What is the Alkaline Diet?

Do you suffer from any of the following?

- Poor digestion
- Tiredness
- Aches and pains
- Fear of disease
- Lack of mental clarity

Then I highly recommend that you check out this free video presentation on how the alkaline diet can help you gain more energy, lose weight, increase your general well-being, and relieve pain.

Aside from feeding your body with nourishing superfoods, one of the single most important things you can do for your body and your health is to keep your pH levels balanced...your Alkaline/Acid balance is critical – and generally ignored..!

Excessive levels of acidity and not enough Alkaline forming foods are the basis for many generative diseases and tumors along with a myriad of other ailments including low energy, aches and pains, excess body weight and more.

So how can you prevent generative disease and other health issues..? Simple...just follow the alkaline diet.

The alkaline diet aims to improve your health and prevent disease. An enjoyable side effect that many followers experience is weight loss..!

However, the alkaline diet doesn't deprive your body – it's not about calorie cutting or banishing whole food groups. Instead, it's about fueling your body with nutrient-rich and pH-balanced foods that equip your body with what it needs to prevent disease, flush fat and increase your energy levels.

Learn more about Alkaline vs Acid now:

<http://www.yoursite.com/go/alkalinediet>

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