

Chlorella & Spirulina The Incredible Healing Power Of **Antiaging Green** "Natural Super-Foods" plus Chlorella & Spirulina. by T.J.Lambert

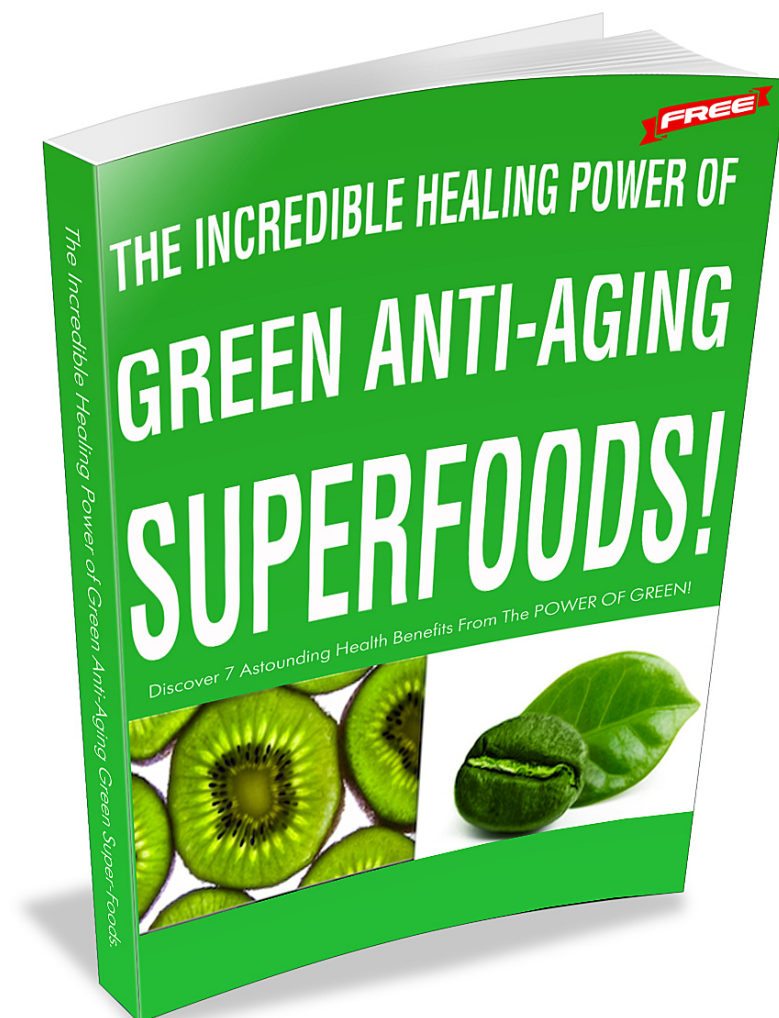


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An Introduction

Spirulina & Chlorella both are fresh water algae, but they have got some fundamental differences. Spirulina is several thousand years older and does not have hard cell unlike Chlorella which is comparatively new and is closer to being a plant than algae. Chlorella offers an excellent way to detoxify your body from mercury. Most of us are contaminated with mercury, if you have ever had a dental filling, eaten fish, used certain type of cookware or have received vaccine. However Spirulina on the other hand doesn't have this property to remove heavy metal from your body due to lack of presence of cell membrane. Chlorella is also touted to be beneficial for people suffering from degenerative disease.

Spirulina is a simple, single celled organism that got its name from Latin word for 'helix' or 'spiral' because of its spring like property. Interestingly this blue-green algae that thrives in warm, fresh water bodies is seriously being discussed as a sustainable source of food with the potential to end world hunger. Several studies have also found Spirulina to successfully treat a wide range of ailments, including candida overgrowth, allergic rhinitis and arsenic poisoning. It also has a potential to lower stroke and cancer risks.

Most of us have access to clean and healthy drinking water, but people from all countries don't have such luxury. Unfortunately, much of Bangladesh water supply is loaded with arsenic and until mid of 1990s there was little that could be done to treat the patient dying from arsenic poisoning. Bangladeshi researchers conducted three months study based out of hospital where spirulina was administered to 33 patients and 17 patients received placebo doses. It came out from the study that 82 percent of the patients who took spirulina demonstrated tremendous improvement. There was another independent study conducted by the Department of Aquaculture in Taiwan where spirulina showed impressive immune-boosting properties. Through various studies Spirulina has shown to encourage growth of healthy bacterial flora in your gut.

Both Spirulina & Chlorella contain good amount of nutrients and are also excellent source of essential nutrients which are rare to find in abundance in other plants. This makes Spirulina & Chlorella very helpful for patients who are on dietary restriction against protein and/ or vitamin B12, like vegans. Spirulina is a better source of protein than Chlorella. But Chlorella comes packed with more healthy fats and also contains vitamin B12.

Spirulina & Chlorella share many similar characteristic, while at the same time they also maintain distinct set of precious health benefits. Since spirulina and chlorella have different nutrients profile (which are all highly beneficial for the human body), nutrition experts recommend taking both of them in tandem to achieve an ultimate supportive balance.

Because of the sudden surge in their popularity, several companies have surfaced who manufacture Spirulina & Chlorella. It is therefore important that you should be very careful while buying them to verify it is harvested from pure source and is not contaminated.

Spirulina

Spirulina is natural blue - green algae. Technically in biological terms, Spirulina is not true algae, but rather cyanobacteria. It is classified as such because of its genetic material which is not organized in a membrane-bound nucleus. But nevertheless it still uses sun as a source of energy, similar to how plants do. Spirulina is grown in alkaline fresh water lakes of Mexico and continental Africa.

Spirulina supplement is most commonly available in the form of powder or tablets which is high in protein and nutrients. If Spirulina is harvested using correct technique from non-contaminated ponds and other water bodies, they are the most potent nutrient source available. Spirulina largely comprises of protein and essential amino acids. Spirulina supplement is especially good for vegans because of its high iron content. It is also a rich source of B-12 content. Spirulina is also ideally suitable for pregnant women for their high protein and iron concentration.

Easily digested

Spirulina is easily digested because its cell wall is composed of mucopolysaccharides rather than indigestible cellulose. It is readily broken down by the human digestive system. Nutrients in spirulina are highly bioavailable and get quickly and easily absorbed by the human body.

Protein and B12

70 percent biomass of spirulina is composed of protein, making it an excellent source of protein for people who consume poor quality or limited amount of meat in their diet. Spirulina is one of those rare plants that provide essential vitamin B12. Since spirulina is highly digestible, its protein content makes it high in net protein utilization and efficiency utilization ratio. The amino acids present in the spirulina readily utilized by the body without the need for cooking.

Fatty Gamma Linolenic Acid (GLA)

Only very few foods contain Fatty Gamma Linolenic Acid (GLA). It is an omega-6 fatty acid which plays an active role in brain function, growth & development, reproductive health, skin and hair growth, metabolism regulation and bone health. It is most commonly consumed in the form of linoleic acid which is converted to GLA within the body. Spirulina contains this fatty acid in its full form which makes it easy for the body to efficiently absorb and for potent effect.

Phytochemical Phycocyanin

Phytochemical Phycocyanin is a pigment that imparts spirulina its blue hue. This amazing pigment is effective in brain functions, strengthens immune system and supports bone marrow function for building blood cells. Phycocyanin is converted to phycocyanorubin in mammals, which is an antioxidant that helps in protecting tissues from free radicals.

Chlorella

Chlorella is single cell fresh water green algae which has survived as a life for billions of years. This single cell micro organism is primarily comprised of chlorophyll pigments. It can reproduce at a rapid rate of 4 times in just 12 hours. Chlorella is an incredible sustainable food source which offers many important nutrients which are high value of complete protein. The cell walls of chlorella are indigestible to humans, since it cannot be broken during digestion. So it is mechanically broken using soundwave exposure which is gentle milling or pulverizing to preserve the optimal nutrient bioavailability for humans. Here are some of the beneficial properties of Chlorella:

Cleansing

The pigment chlorophyll forms 7 percent of the biomass of chlorella. Chlorophyll is a powerful cleansing agent for the body. It helps the body to process oxygen, helps to prime the key elimination system of the body (cleansing) and enhances growth and repair function of the body.

Detoxification

Chlorella is a powerful detoxification agent. It strongly binds to heavy metals like cadmium, mercury, uranium and radioactive materials and ushers them out of the body. Several studies from time to time have suggested its unique potential to remove toxins from the body while at the same time strength the immune system response. Practically Chlorella supplements are expensively therapeutically used among population settled in mining areas or the areas that have high levels of air pollution and have no pure drinking water.

Nucleic Acids

Chlorella is ultra-rich in nucleic acids which is a key factor for RNA and DNA. It also protects cells and raises energy levels.

Beta carotene

Chlorella is an excellent source of beta carotene. Beta carotene acts as a powerful antioxidant which is helpful to ward off harmful effects of free radicals. It also plays an active role in minimizing the damage caused by oxidative stress. Beta carotene is a fat soluble provitamin that is helpful in proper functioning of reproductive system. It also promotes eye and skin health.

Bowel Function

Chlorella promotes growth of friendly aerobic bacteria which is beneficial for overall bowel health. Chlorella's cell walls are known for their properties to absorb toxic compounds from within intestines and restore the proper gastrointestinal pH. It also helps to promote normal peristalsis.

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Anti Aging Properties of Chlorella to Look Younger

There isn't anything that can do to put a break on aging as efficiently as a good nutrition can. If you give your body right materials to rebuild and rejuvenate cells, you gift your body the gift of vitality. Often people think what's the best anti-aging nutrition that will keep them feeling and looking youthful and vibrant. Based on the scores of research that has been used to extensively research anti-aging, it seems there is no better ally in fighting aging than the green algae, chlorella.

Chlorella is reputed for not only its amazing property in helping you to keep your skin youthful and wrinkle free but also for its ability to enable you to live longer. Chlorella is a rich source of minerals, vitamins, essential fatty acids and amino acids and array of other nutrients beneficial for health. Chlorella is widely used as an anti aging food to feed the center of your vitality. Many nutrition experts claim Chlorella to be the 'Fountain of Youth'. It is an excellent source of chlorophyll which is a cleansing agent. It also proactively energizes your body with antioxidant, minerals and multi vitamins and fights free radicals present in your body. These free radicals are main culprit that robs you of healthy cells and are main factors behind your aging.

Chlorella is touted as a best anti-aging nutrition for your body. Health nutrition expert say, nothing can help you stop aging except for good nutrition. Chlorella does exactly that by giving your body the right materials to re-build cells and fuel for your daily activities.

How can Chlorella help you look younger (anti aging properties)?

- According to scientist, Chlorella cells are good at exceptionally speedy recovery owing to its CGF content. It is found to be able to do the same thing to help your cells deliver fast total-body renewal.
- CGF contains higher concentration of nucleic acids than any other food you can find on planet earth. Nucleic acid is an essential element for healthy cellular reproduction. Healthy cells perform at their best, which means you perform at your best.
- Study conducted under controlled lab environment suggest that chlorella may help stop telomere shrinkage in human skin cell cultures, which happens due to exposure to damaging free radicals. Several anti aging research suggest that the length of telomere dictates how long an organism will live.
- Chlorella also comes packed with at least 22 vitamins and essential trace minerals, concentrated protein and healthy fat. It also supplies beta carotene and zeaxanthin, the two carotenoids with property to deliver youthful skin and healthy eyes.
- Presence of free radicals in your body is the major culprit that robs you of your youthful skin. Chlorella gives you more chlorophyll than you can get from any other plant on earth. In one of the laboratory research it was observed that chlorella is more effective than antioxidant like vitamins C and glutathione in fighting free radicals.

Spirulina & Chlorella For Great Slim Body & Healthy Weight Loss

Spirulina & Chlorella is helpful in melting away body fat and delivering you a tight body. If you are looking at ways to lose weight in a healthy way, Spirulina & Chlorella can help you achieve your weight loss goals. One of the key ways in which you can maintain great health is by consuming sufficient amount of plant protein. Foods rich in fat diet are popular since they taste good and are satisfying. That's where the problem lies. For many people definition of great food is taste and as long as their taste buds are satisfied, nutritional values are irrelevant. Culturally we have been raised on tasty foods and consuming tasty food is what many people have understood about eating. As a result fat laden diet has received wide spread popularity which has given rise to not only the problem of obesity but also rise to high blood pressure, breast cancer and coronary heart disease.

Scores of people are today realizing the importance of healthy diet and are turning to Spirulina & Chlorella to lose their weight and get in shape.

Spirulina & Chlorella both contain 60% proteins and come very close to the percentage that high protein diet recommends. Dieting on Spirulina & Chlorella give the body chance to rest, repair and adjust in positive ways. More over Spirulina & Chlorella also don't burden your digestive system in a way other raw foods demands which are not as powerful as or as easily digested as Spirulina & Chlorella.

The fiber supplied by Chlorella helps in cleansing digestive tract in the absence of other foods. It is also one of the best detoxification you will ever have. Heavily toxic person needs to resort to Spirulina & Chlorella dieting to detoxify his entire body including your liver. Spirulina & Chlorella acts as a natural filter for your body. One of the most beneficial attributes of Chlorella lies in its liver healing abilities, something no other food can deliver you.

Fasting with algae is the healthiest way of to lose weight since you are not depriving your body of the any essential nutrients it needs for optimum performance. Spirulina & Chlorella are high in protein, low in carbohydrate and low in fat. Ironically algae are quite healthy diet since it is completely plant based protein. Algae diet is composed of 60 percent proteins, 19 percent carbohydrates and 6 percent fat, which is ideally the best composition to

achieve weight loss goals without any fear of negative health effects or potential malnutrition.

Body doesn't strongly crave for food when you are dieting from powerful raw foods like Spirulina & Chlorella since you are meeting your body's nutritional needs, as a result hunger level subsides. But when you eat junk food or fast food, you expose your body to absorb fat since there is little or no nutrient value in those foods. Since your body hasn't really got anything in terms of nutrition from those foods except for junk fats, you are hungry again only hours later. Major problem with many diet foods is that they starve your body in some way in order to aid weight loss, this isn't healthy. However Spirulina & Chlorella are nutrient dense food and don't put your health in jeopardy when you are on Spirulina & Chlorella diet.

Spirulina & Chlorella for Sharper Concentration and Better Mental Health

Spirulina & Chlorella contains amino acids which is helpful in building much needed neuropeptides that feeds the nervous system's delicate neurotransmitters. The algae also contain essential B vitamins and lipids that are required for the nerves and brain to function efficiently, and in the correct balance. The science of neurophysiology and neurochemistry is an exciting new frontier in the study of life and health. Several studies have proved that in the absence of certain nutrients vital for optimum brain performance, a person can suffer mental and emotional imbalances. Prolonged state of brain and nerve nutrition deficiency can result in depression, lack of mental energy, irritability, loss of memory and focus.

Phycocyanin is a blue pigment found in Spirulina and is known to enhance the functioning of the brain and nervous system. Ironically the presence of this pigment is very rare in plants and foods. Spirulina is richly supplied with this blue pigment. Phycocyanin is a biliprotein which interestingly has the property to inhibit cancer formation. Phycocyanin draws together amino acids for neurotransmitter formation which is helpful in increasing mental capacity.

GLA content of Spirulina also plays critical role in enhancing mental capacity. Human brain is made of 80 percent fat. Nerve tissues of the brain need healthy fat in order to function properly and GLA is one of the healthiest fats you can get. Did you know breast milk contains rich quantities of GLA and is rated as number one source of GLA while Spirulina as second. Nature has provided breast milk with rich quantity of GLA since infant needs to quickly build brain mass to enhance their chances of survival. The bigger the brain, the better it is for child to more quickly comprehend language, environmental cues, social interaction and interpret sensory input and so on. CGF (chlorella growth factor) is a highly reputed quality of Chlorella. Chlorella is the fastest growing food known to humans. Under optimum condition, Chlorella has the ability to quadruple itself in volume in every 24 hours. Scientific study suggests that this property can be passed on to anyone who consumes cracked cell chlorella algae. Chlorella growth factor is known to stimulate the body's own ability to repair its damaged nerve tissue. Apart from nerve repair function, Chlorella also contains essential fatty acids critical for building and repairing nerve and brain tissue.

Combining the GLA content of Spirulina and CGF content of Chlorella, you get all the right reason to consume these algae. It is a powerful combination where, GLA provides your brain and nervous system with the nutrition it needs to be healthy and to grow, while on the other hand CGF repairs damaged nerve tissues. It is highly recommended that people consume combination of both Spirulina & Chlorella with each meal for optimum result.

Spirulina & Chlorella To Boost Your Immune System

Spirulina & Chlorella display impressive immune stimulating & boosting properties. Their immune boosting properties can largely be attributed to variety of nutritional factors.

Spirulina has got highest concentration of digestible vegetable protein along with a perfect blend of essential amino acids. Vitamin B-12 is one of the vitamins much rare to find in vegetarian diet, it is easily available in Spirulina. This blue green algae is richly supplied with beta carotene, iron and trace minerals along with rare essential fatty acid GLA.

Spirulina is much reputed for its immune boosting qualities, besides the ability to prevent infection, fight cancer and enhance cellular functioning. A quick idea can easily be gained about its rich chlorophyll content by its dark green color. Chlorophyll is a great detox agent and is effective in helping body steer clear itself from atmospheric and other pollutants. It amazingly penetrates deep into the body at DNA level and gives it a cellular tune-up or re-generation which greatly enhances cellular communications and overall well being.

There are scores of scientific studies and research to support the immune boosting qualities of Spirulina. Consumers are found reporting increased energy levels which bear testimony to this fact. The list of disease Spirulina can combat is pretty impressive and includes fighting viral infection, enhancing body's ability to generate new blood cells and increase mental sharpness. According to Chinese scientist, phycocyanin stimulates 'hematopoiesis'. It also effectively mimics the influence of the hormone erythropoietin (EPO) which is produced by healthy kidneys and controls the production of red blood cells. Phycocyanin has the ability to control production of white blood cells even if bone marrow stem cells have been damaged due to toxic chemical or radiation. Spirulina is approved in Russia as a medical food for the treatment radiation sickness.

GLA is not only good at regulating blood sugar, but is also helpful in supplying important nutrients to the brain. It also has immune boosting properties. GLA supports immune system through variety of mechanism and its benefits reach far beyond mere immune system functions. There are around 200 clinical studies conducted to document the health effects of GLA and all of them without exception have shown stunning results. Under clinical trials for diabetes, GLA was observed to reverse the neurological damage and effective in lowering plasma cholesterol and triglycerides. GLA was also seen effective in treatment of Sjogren's Syndrome.

CGF (chlorella growth factor) also aids immunity as it has the property to stimulate healing and replacement of cellular tissues.

Phycocyanin promotes lymphocyte activity. It also prevents several kinds of degenerative organ disease by boosting immunity.

Spirulina & Chlorella as a Dietary Supplement

Spirulina & Chlorella are a form of algae which offers an excellent potent and well-balanced nutrient profile. Both are excellent for helping body detoxify itself and support strong immune system. Due to their recent surge in popularity, Spirulina & Chlorella are available as a food supplements. Spirulina & Chlorella are consumable algae which serve as an excellent source for vitamins, anti-oxidants and minerals. Both of them are also anti-inflammatory compounds.

As a supplement, both are approximately 55 percent protein and contain omega-3 fatty acids and all essential amino acids. Blue-green algae have been used for thousands of years as a valuable food source. Ancient civilizations like Aztecs have used it as their food and essential source of nutrition.

However, wide array of benefits of Spirulina & Chlorella on human body has been recognized in only last few decades. Both the algae are packed with anti-oxidant and anti-inflammatory compounds. They help your liver in detoxification and assist in strengthening immune system to maintain optimal health. Daily consumption of this food (many health and nutrition experts call it super food) will greatly enhance your dietary nutrient profile.

Spirulina & Chlorella both as a food supplement can be used in your smoothies and juices and even sprinkled on a salad. Heating or cooking, dried or liquid algae supplement will result in breaking down its nutrients. While using Spirulina & Chlorella supplement, you can add a teaspoonful of Spirulina & Chlorella powdered supplement to a glass of fruit or vegetable smoothie. These supplements are good to be taken on their own as well.

Spirulina & Chlorella supplements can be taken in any combination as you desire. For example you can use each one on alternate days or you can take

half dosage of each with your food.

Cleansing and Detoxification

Chlorella is one of the most amazing nutritional resources available to you that will help you naturally fight environmental pollution. There is no doubt why it is most widely used supplement in Japan. One of the reasons why Japanese regard Chlorella so much is because of its natural detoxification abilities. Chlorella is highly effective detox agent because of its molecular structure which allows it to easily bond to metals, chemicals and some pesticides.

When Chlorella supplement is taken, it binds itself to the lingering heavy metals and chemicals present in the digestive tract which is the pathway from where these toxic chemicals and metals make their way into your body causing disease and sickness. Harmful toxins get picked up and deposited into the body's cells from the digestive tract. Chlorella helps the body get rid of toxic chemicals and metals by absorbing them and helping them to pass out of the body.

Chlorella is designed in such a fashion that it naturally binds with the toxic metals, while it does not bind to the minerals your body naturally needs to function optimally. Chlorella also doesn't bind to beneficial minerals such as calcium, zinc and magnesium. It appears as if Chlorella knows very well what minerals are required by the body and what needs to be eliminated to prevent the body from disease and sickness.

Supplementing the body with Chlorella is like releasing a tiny army inside your body to fight off toxins from tissues and usher them out of the body safely.

Interestingly, Chlorella is one of the most studied food supplements. Chlorella has not only been extensively studied for its medicinal and therapeutic properties but also as a source for food.

Spirulina is an effective chelating agent for removing toxic metals like mercury and radioactive substances from the body. Spirulina is also used to remove cadmium and lead from waste water.

A healthy cleansing detox diet provides cellular nutrition. One of the interesting ways many people get spirulina into their diet is by blending Spirulina supplement into green smoothies. It is also one of the easiest ways to get plenty of antioxidants and all other benefits of vegetables into your diet.

You can prepare basic detox smoothies using either coconut, or banana or almond milk and protein powder and a spoonful of spirulina and chlorella supplement. This makes a great high protein meal which only takes a few minutes to prepare. Banana blends very well with Spirulina and covers up the bitterness.

Maintaining an optimum wellness involves creating a defense mechanism to fight unavoidable environmental assaults on your good health. By implementing a detox program, you naturally prepare your body to remove unwanted and harmful heavy metals, toxic chemicals and pesticides that you might have unknowingly invited into your body. A proper periodic detox program will reduce the toxic burden and will improve many common health ailments like lack of energy, indigestion, lack of immune response, insomnia and mental fatigue.

Medicinal and Therapeutic properties of Spirulina & Chlorella

Diabetes

Both Spirulina & Chlorella have been extensively studied for several benefits they provide to diabetic patients. In the year 2009, a study 'Nutrition Research and Practice' was conducted which demonstrated that chlorella-fed diabetic rats have lower levels of fasting glucose compared to diabetic rats which were not fed with Chlorella. HOMA-IR is a method to score insulin resistance. HOMA-IR tended to be lower in chlorella-fed rats. Spirulina, based on the study conducted in 2008, did not display any ability to lower fasting blood sugar, but it showed promising results in lipid-lowering effects. It was also found effective in enhancing immune capacity and reducing oxidative stress. All of the above factors are the contributing factors for diabetes, based on several researches. [Go Here](#) if you or someone you love is suffering from Diabetes.

Cancer

The Journal of Zhejiang University published a study in 2009, which defined that cancer is caused by an imbalance in the mechanisms which control the rate with which a tumor grows and the pre-programmed cell death, which is also known as apoptosis. It is a mechanism of immunity which protects other cells from potential damaging effects of cells that have gone awry just like cancer cells. The study published in the Journal of Zhejiang University, went to describe how a good cancer preventive agent can naturally up-regulate immune-stimulated apoptosis without imposing much side effects. The study showed that Chlorella is successful in inducing apoptosis in liver cancer-induced mice. Liver cancer is a kind of primary cancer and which is supposed to be triggered by many factors including, liver cirrhosis, chronic alcohol consumption and chronic hepatitis B and C infections. There are also other cancers that metastasize to the liver which causes it to be the third most common cause for cancer-related deaths worldwide.

Lipids and Hypertension

High cholesterol levels, triglycerides and other lipids in combination with a chronic level of blood pressure sets a perfect background for atherosclerosis, which aids in the development of heart attacks and strokes. Both the algae are beneficial in lowering serum levels of lipids.

According to a research report 'Lipids in Health and Disease' published in 2007, observed that spirulina was effective in lowering triglycerides and bad cholesterol. It was also effective in reducing both systolic and diastolic blood pressures (both males and females).

Fibromyalgia

Fibromyalgia is a kind of disorder which is characterized by widespread body aches. There is still no sufficient information available on how or what causes this disease. The disease is diagnosed by the presence of pain in more than 11 tender points. The chronic muscle pain is also often accompanied by sleep, fatigue, altered sensation, disturbance, and headache. Based on a study published in the 'Journal of Musculoskeletal Pain' in 2001, it was observed that chlorella supplementation was helpful in significantly improving symptoms of fibromyalgia syndrome.

4 Step Alkaline Diet Plans for Renewed Vigor, Mental Clarity, Better Over-All Health.

This is an awesome FREE VIDEO resource for information and planning your healthy eating and acid/alkaline diet .

The Top 10 Healthiest Superfoods You NEED to Know About for Extreme Health and Longevity

These are definitely some of the best foods you can eat for your health... Full of antioxidants, chock full of vitamins, minerals and good fats; they help to fix the damage we do every day with diets, environmental stressors, chemical additives and physical stress. If you can include a few servings of these foods in your weekly diet, you will be adding a lot to your good health, and preventing many diseases that could be coming your way otherwise.

The list includes some superstars you may already know about and newly discovered foods such as:

- Goji Berry
- Acai Berry
- Grass-Fed Meats and Wild-Caught Salmon
- Almonds, Walnuts and Other Nuts
- Avocados
- Garlic, Onions, Leeks and Shallots
- Tomatoes
- Sprouts
- Grass-Fed Raw Dairy Milk, Cheese, and Butter
- Fermented Foods

Superfood #1. Goji Berries - Goji or wolfberries have long played important roles in Chinese medicine where they are believed to enhance immune system function, improve eyesight, protect the liver, boost sperm production and improve circulation, among other things. They can be eaten raw, consumed as juice or wine, brewed into an herbal tea, or prepared as a tincture.

Goji polysaccharides show antioxidant activity in vitro. As a source of dietary fiber, however, polysaccharides would yield products from bacterial fermentation in the colon, such as several short-chain fatty acids, e.g., butyric acid, which may provide health benefits.

Goji berry fruits also contain zeaxanthin, an important dietary carotenoid selectively absorbed into the retinal macula lutea where it is thought to provide antioxidant and protective light-filtering roles.

Several published studies, mostly from China, have also reported possible medicinal benefits of *Lycium barbarum*, especially due to its antioxidant properties, including potential benefits against cardiovascular and inflammatory diseases, vision-related diseases (such as age-related macular degeneration and glaucoma, having neuroprotective properties, or as an anticancer and immunomodulatory agent). Without a doubt, goji berries are one of the best antioxidant rich foods you can eat.

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Super-food #2. Acai Berry - The fruit is a small, round, black-purple fruit about 1 inch in diameter, similar in appearance and size to a grape, and the newest wonder food.

Acai is particularly rich in fatty acids, feeling oily to the touch. It contains high levels of the monounsaturated fatty acid oleic acid. It is also rich in palmitic acid, and the polyunsaturated omega-6 fatty acid linoleic acid. β -sitosterol (beta-sitosterol), a phytosterol that competes with dietary cholesterol for absorption and so may reduce blood cholesterol levels, is also unusually rich.

A recent study found 19 amino acids, with especially high contents of aspartic acid and glutamic acid. The dense pigmentation of acai has led to several experimental studies of its anthocyanins, a group of polyphenols that give the deep color to berries and other fruits, and are high in antioxidant value.

Twelve other flavonoid-like compounds were additionally found, including homoorientin, orientin, taxifolin deoxyhexose, isovitexin and scoparin, as well as several unknown flavonoids. Proanthocyanidins, another group of polyphenolic compounds high in antioxidant value are present, with a profile similar to that of blueberries.

A number of studies have measured the antioxidant strength of acai. A recent report using a standardized oxygen radical absorbance capacity or ORAC analysis on a freeze-dried acai powder found that this powder showed a high antioxidant effect against peroxyl radical. This is approximately 10 times more than blueberries or cranberries.

Only 10% of acai's high antioxidant effects could be explained by its anthocyanin content, indicating that other polyphenols contribute most of the antioxidant activity.

Acai was found to have a higher amount of "slow-acting" antioxidant components, suggesting a more sustained antioxidant effect compared to "fast-acting" components.

Acai containing polyphenolics could reduce proliferation of HL-60 leukemia cells in vitro. The acai berry contains similar properties as red wine in controlling fats in the blood and is a fair contributor to go up against the wine diets of the Mediterranean people. In addition, Acai contains anti-inflammatory agents that inhibit COX 1 and 2 enzymes, thereby making it effective against arthritis, allergies, and other inflammatory diseases.

Please note: Beware that recently, unscrupulous marketers are currently trying to deceive you into thinking that acai pills are some sort of "miracle weight loss cure"... They are even making up fake blogs about people supposedly losing ridiculous amounts of weight simply by popping an acai pill daily (and then they try to sell you these supplements)... These are FAKE stories, and you

should realize that although acai is a **very healthy antioxidant food**, it is NOT a miracle weight loss cure! You can read our article on how this

Superfood #3. Fermented Foods - Lacto-fermented foods have been around for a very long time. Common in Korean, Chinese, Japanese, and North and Central European cuisine, fermentation has been used to enhance the flavor of food, create food, and help food having a longer shelf life. Fermented foods are delicious and nutritious. These traditional foods are key to our health.

Fermentation allows the bacteria, yeasts and molds to "predigest" and therefore break down the carbohydrates, fats, and proteins to create probiotics which offer friendly bacteria into the digestive tract. This helps keep our immune system strong and supports overall digestive health.

Keep your digestive flora healthy and strong by regularly eating fermented foods.

Fermented foods are enzyme rich foods that are alive with micro-organisms. These foods allow beneficial microflora to "colonize" in the intestines (and for moms-to-be, also in the birth canal). This "inner ecosystem" helps support our health and fight infection. A healthy gastrointestinal tract is critical to a strong immune system. Diets rich in fermented foods, as well as fruits and vegetables, are best for us to in order to maintain a strong healthy body.

Fermented foods aid in digestion, promote healthy flora in the digestive tract, produce beneficial enzymes, offer better nutrition and allow the body to absorb vitamins (in particular C, and B12), minerals, nutritional value and omega 3s more effectively from foods. They regulate the level of acidity in the digestive tract and act as anti-oxidants. Fermented foods contain the same isothiocyanates found in cruciferous vegetables and therefore fight and prevent cancer.

Many fermented foods on the market today are not true fermented foods because they are created to maximize profits and shelf life instead of health. They are not as beneficial. It's important that we eat foods that are fermented with "Active" or "Live" Cultures.

Pasteurization kills off the living bacteria so look for unpasteurized and fresh fermented foods (in the grocery refrigerator section). Since fermentation is a way to keep the living enzymes alive, it goes against the theory to use pasteurized (or dead) milk, for example, but you can make yogurt and kefir with pasteurized milk, it just won't be as robust and beneficial.

Fermented Foods include: Acidophilus milk, amasake, bleu cheese, hard cheeses, fermented vegetables, kefir, kimchi, kombucha, miso, some pickles, sauerkraut (not canned), some soy sauce, tempeh, umeboshi plums, vinegar, yogurt.

Super-food #4. Grass Fed Meats and Wild Caught Salmon -have more beta-carotene, vitamin E and omega-3 fatty acids than beef produced using conventional cattle-feeding strategies.

Three ounces of ground beef from cattle fed conventional diets contain about 41 micrograms of beta-carotene and a typical rib eye steak has 36 micrograms. In contrast, meat from cattle fattened predominately on ryegrass has almost double the beta-carotene, 87 micrograms in 3.5 ounces of ground beef and 64 micrograms in a steak.

Beta-carotene is converted to vitamin A in the body. Vitamin A is a critical fat-soluble vitamin that is important for normal vision, bone growth, reproduction, cell division and cell differentiation.

In addition, are much higher in Vitamin E. Vitamin E is a fat-soluble vitamin with powerful antioxidant activity. Grass fed cattle exhibit about 3 times as much vitamin E per serving as grain fed beef.

The primary factor in both wild caught fish and grass fed meats is the fat content and the fat ratios. Both have significantly high levels of the essential fatty acid omega 3, which has powerfully positive health effects.

Grazing animals fed an exclusive grass fed diet, as well as wild caught salmon eating their natural diet, significantly alters the fatty acid composition. Cattle fed primarily grass have 60 percent more omega-3 fatty acids and a more favorable omega-6 to omega-3 ratio. Likewise for salmon raised on their natural diet. Omega-3 fatty acids reduce inflammation and help prevent heart disease and arthritis. The essential fatty acids are also highly concentrated in the brain and appear to be particularly important for cognitive and behavioral function.

The meat and milk from grass-fed ruminants are the richest known source of another type of good fat called "conjugated linoleic acid" or CLA. When ruminants are raised on fresh pasture alone, their milk and meat contain as much as five times more CLA than products from animals fed conventional diets.

CLA may be one of our most potent defenses against cancer. Also, natural CLA from grass-fed meat and milk has been shown in studies to help and increase fat loss.

Superfood #5. Grass Fed Raw Dairy Cheeses and Butter - Few people are aware that clean, raw milk from grass-fed cows was actually used as a medicine in the early part of the last century. That's right. Milk straight from the udder, the "stem cell" of foods, was used as medicine to treat, and frequently cure some serious chronic diseases. From the time of Hippocrates to until just after World War II, this "white blood" nourished and healed uncounted millions.

Clean raw milk, cheeses, and butter from grass-fed cows are a complete and properly balanced food. You could live on it exclusively if you had to. Raw dairy contains a wealth of healthy substances including: amino acids, enzymes, vitamins, minerals, and healthy fats such as CLA.

Amino acids are building blocks for protein. Depending on whom you ask, we need 20-22 of them for this task. Raw dairy products have all 20 of the standard amino acids. About 80% of the proteins in milk are caseins- reasonably heat stable but easy to digest. The remaining 20% or so fall into the class of whey proteins, many of which have important physiological effects (bioactivity). Also easy to digest, but very heat sensitive-and lost in the pasteurization process, these include key enzymes and enzyme inhibitors, immunoglobulins, metal-binding proteins, vitamin binding proteins and several growth factors.

Lactoferrin, an iron-binding protein, has numerous beneficial properties including (as you might guess) improved absorption and assimilation of iron, anti-cancer properties and anti-microbial action against several species of bacteria responsible for dental cavities. Recent studies also reveal that it has powerful antiviral properties as well.

Two other players in raw milk's antibiotic protein/enzyme arsenal are lysozyme and lactoperoxidase. Lysozyme can actually break apart cell walls of certain undesirable bacteria, while lactoperoxidase teams up with other substances to help knock out unwanted microbes too. The immunoglobulins, provide resistance to many viruses, bacteria and bacterial toxins and may help reduce the severity of asthma symptoms.

Two thirds of the fat in milk is saturated. Saturated fats play a number of key roles in our bodies: from construction of cell membranes and key hormones to providing energy storage and padding for delicate organs, to serving as a vehicle for important fat-soluble vitamins.

All fats cause the stomach lining to secrete a hormone (cholecystokinin or CCK), which, aside from boosting production and secretion of digestive enzymes, signals the brain that we've eaten enough. With that trigger removed, non-fat dairy products and other fat-free foods can potentially help contribute to over-eating. Full-fat raw dairy is the ONLY healthy dairy... NOT fat-free pasteurized dairy, which is basically a food with its nutrition destroyed.

CLA, short for conjugated linoleic acid and abundant in milk from grass-fed cows, is a heavily studied, polyunsaturated Omega-6 fatty acid with promising health benefits. Among CLA's many potential benefits: it raises metabolic rate, helps remove abdominal fat, boosts muscle growth, reduces resistance to insulin, strengthens the immune system and lowers food allergy reactions. Grass-fed raw dairy has from **3-5 times** the amount found in the milk from feedlot (grain fed) cows.

Discussions of minerals, or any nutrients for that matter, must deal with ranges rather than specific amounts, since individual needs vary. Raw milk contains a broad selection of completely available vitamins and minerals, ranging from the familiar calcium and phosphorus, to Vitamins A and D, and on down to trace elements. Raw grass-fed dairy also has a missing nutrient called 'K2', which is extremely valuable in helping the body absorb calcium, and therefore rebuilding bone, repairing cavities, and keeping the blood vessels clean.

The 60 plus (known) fully intact and functional enzymes in raw milk have an amazing array of tasks to perform, each one of them essential for one key task or another. The most significant health benefit derived from food enzymes is the burden they take off the body.

The amylase, bacterially-produced lactase, lipase and phosphatase in raw milk, break down starch, lactose, fat (triglycerides) and phosphate compounds respectively, making milk more digestible and freeing up key minerals. Other enzymes, like catalase, lysozyme and lactoperoxidase help to protect milk from unwanted bacterial infection, making it safer to drink.

Raw dairy contains about 3mg of cholesterol per gram - a decent amount. Our bodies make most of what we need, that amount fluctuating by what we get from our food. Cholesterol is a protective/repair substance. A waxy plant steroid (often lumped in with the fats), our body uses it as a form of waterproofing, and as a building block for a number of key hormones.

It's natural, normal, and essential to find it in our brain, liver, nerves, blood, bile, indeed, every cell membrane. Unfortunately, pasteurization allows for sloppy farm practices and unhealthy cows. You will find it hard to find raw milk in most areas, but you can find a co-op or local farm at

Superfood #6. Avocados - Avocados contain oleic acid, a monounsaturated fat that may help to lower cholesterol. In one study of people with moderately high cholesterol levels, individuals who ate a diet high in avocados showed clear health improvements. After seven days on the diet that included avocados, they had significant decreases in total cholesterol and LDL cholesterol, along with an 11% increase in health promoting HDL cholesterol.

Avocados are a good source of potassium, a mineral that helps regulate blood pressure. Adequate intake of potassium can help to guard against circulatory diseases, like high blood pressure, heart disease, or stroke.

One cup of avocado has 23% of the Daily Value for folate, a nutrient important for heart health. One study showed that individuals who consume folate-rich diets have a much lower risk of cardiovascular disease or stroke than those who do not consume as much of this vital nutrient.

Not only are avocados a rich source of monounsaturated fatty acids including oleic acid, which has recently been shown to offer significant protection against breast cancer, but it is also a very concentrated dietary source of the carotenoid lutein; it also contains measurable amounts of related carotenoids (zeaxanthin, alpha-carotene and beta-carotene) plus significant quantities of tocopherols (vitamin E).

In a laboratory study published in the Journal of Nutritional Biochemistry, an extract of avocado containing these carotenoids and tocopherols inhibited the growth of both androgen-dependent and androgen-independent prostate cancer cells.

Enjoying a few slices of avocado in your tossed salad, or mixing some chopped avocado into your favorite salsa will not only add a rich, creamy flavor, but will greatly increase your body's ability to absorb the health-promoting carotenoids that vegetables provide.

Since avocados contain a large variety of nutrients including vitamins, minerals, as well as heart-healthy monounsaturated fat, eating a little avocado along with carotenoid-rich vegetables and fruits is an excellent way to improve your body's ability to absorb carotenoids while also receiving other nutritional-and taste-benefits.

Oral cancer is even more likely to result in death than breast, skin, or cervical cancer, with a mortality rate of about 50% due to late detection. Avocados may offer a delicious dietary strategy for the prevention of oral cancer.

Phytonutrients in Hass avocados, the most readily available variety, target multiple signaling pathways, increasing the amount of free radicals (reactive oxygen species) within pre-cancerous and cancerous human oral cell lines, that leads to their death, but cause no harm to normal cells. Hass avocados may inhibit the growth of prostate cancer as well. When analyzed, Hass avocados were found to contain the highest content of lutein among commonly eaten fruits, as well as measurable amounts of related carotenoids (zeaxanthin, alpha-carotene, and beta-carotene).

Superfood #7. Almonds, Walnuts, Pecans, and Other Nuts - A high-fat food that's good for your health? You betcha!

Almonds and walnuts sit at the top of the heap for nutrition, but other nuts are healthy, too, including pecans, and cashews. Nuts are high in monounsaturated fats, the same type of health-promoting fats as are found in olive oil, which have been associated with reduced risk of heart disease. Five large human epidemiological studies, including the Nurses Health Study, the Iowa Health Study, the Adventist Health Study, and the Physicians Health Study, all found that nut consumption is linked to a lower risk for heart disease.

Researchers who studied data from the Nurses Health Study estimated that substituting nuts for an equivalent amount of carbohydrate in an average diet resulted in a 30% reduction in heart disease risk.

A study published in the British Journal of Nutrition indicates that when foods independently known to lower cholesterol, such as almonds, are combined in a healthy way of eating, the beneficial effects are additive. In this study of 12 patients with elevated LDL cholesterol levels, a diet containing almonds and other nuts, plant sterols (also found in nuts), and soluble fiber (in high amounts in beans, oats, pears) reduced blood levels of all LDL fractions including small dense LDL (the type that most increases risk for cardiovascular disease) with near maximal reductions seen after only 2 weeks.

In addition to their cholesterol lowering effects, nuts' ability to reduce heart disease risk may also be partly due to the antioxidant action of the vitamin E found, as well as to the LDL-lowering effect of monounsaturated fats. In addition to healthy fats and vitamin

E, a quarter-cup of almonds contains almost 99 mg of magnesium (that's 24.7% of the daily value for this important mineral), plus 257 mg of potassium.

Magnesium is Nature's own calcium channel blocker. When there is enough magnesium around, veins and arteries breathe a sigh of relief and relax, which lessens resistance and improves the flow of blood, oxygen and nutrients throughout the body. Studies show that a deficiency of magnesium is not only associated with heart attack but that immediately following a heart attack, lack of sufficient magnesium promotes free radical injury to the heart.

Potassium, an important electrolyte involved in nerve transmission and the contraction of all muscles including the heart, is another mineral that is essential for maintaining normal blood pressure and heart function. Nuts promote your cardiovascular health by providing 257 mg of potassium and only 0.3 mg of sodium, making them an especially good choice to in protecting against high blood pressure and atherosclerosis.

Walnuts, pecans, and chestnuts have the highest antioxidant content of the tree nuts, with walnuts topping out the others in antioxidant content. And, peanuts (although technically, a legume) also contribute significantly to our dietary intake of antioxidants.

Even more impressive were the results of a review study of the evidence linking nuts and lower risk of coronary heart disease. Subjects consuming nuts at least 4 times a week showed a 37% reduced risk of coronary heart disease compared to those who never or seldom ate nuts. Each additional serving of nuts per week was associated with an average 8.3% reduced risk of coronary heart disease.

Superfood #8. Sprouts -Sprouts are one of the most complete and nutritionally beneficial of all foods. Their nutritional value was discovered by the Chinese thousands of years ago. Recently, in the USA, numerous scientific studies suggest the importance of sprouts in a healthy diet.

As an example, a sprouted Mung Bean has the carbohydrate content of a melon, vitamin A of a lemon, thiamin of an avocado, riboflavin of a dry apple, niacin of a banana, and ascorbic acid of a loganberry. Other studies have shown sprouts to be a powerful antioxidant and may assist in preventing some types of cancer.

Sprouts are the most reliable year-round source of vitamin C, beta-carotene, and many B vitamins (such as folacin). Sprouting seeds, grains, and legumes greatly increases their content of those vitamins. For example, the vitamin A content (per calorie) of sprouted Mung beans is two-and-a-half times higher than the dry bean, and some beans have more than eight times more vitamin A after being sprouted.

Sprouts preserve our body's enzymes, which is extremely important. How do they do this? Sprouted beans, grains, nuts, and seeds are extremely easy to digest. Sprouting essentially pre-digests the food for us by breaking down the concentrated starch into simpler carbohydrates and the protein into free amino acids, so our own enzymes don't have to work so hard. Sprouting also removes anti-nutrients such as enzyme inhibitors, and that makes sprouts even easier to digest, further sparing enzymes.

Another anti-nutrient is phytates, which is what stops some people from enjoying grains such as wheat. Many people who can't eat unsprouted wheat find they can eat all the sprouted wheat they want with no problem.

Almost any vegetable or grain can be consumed from sprouts. Broccoli, canola, cauliflower, and mustard greens sprouts are loaded with vitamins, minerals, protein, enzymes, and chlorophyll. In a recent study, 1 oz. of broccoli sprouts had the same cancer-fighting power as over 11/2 pounds of fully-grown broccoli.

Super-food #9. Tomatoes - Tomatoes are a rich source of several nutrients. They are well known for their high vitamin C content, but also contain significant amount of vitamin A, B vitamins including niacin and riboflavin, magnesium, phosphorous, and calcium. Tomatoes are also a good source of chromium, folate, and fiber.

In recent years a particular nutrient found in abundance in tomatoes, lycopene, has made many headlines for its disease fighting abilities. Lycopene is well known as a preventer of prostate cancer, which makes tomatoes high on the healthy food list for men.

Lycopene is not just important for men though. It is a powerful antioxidant and as such helps to protect the cells in our bodies from damage. Studies in humans have shown that lycopene is protective against a variety of cancers including prostate of course, but also colorectal, breast, lung, endometrial, pancreatic, bladder, cervical and skin cancers.

Lycopene has also been shown to help prevent heart disease and may slow the development of cataracts and macular degeneration, an age related vision problem that can lead to blindness.

The vitamin B6, niacin, potassium, and folate found in abundance in tomatoes are potent protectors against heart disease. Niacin can lower high cholesterol levels and potassium has been shown to lower high blood pressure and to reduce the risk of heart disease. Vitamin B6 and folate also work to convert the homocysteine in our bodies into harmless molecules. High levels of homocysteine are associated with an increased risk of heart attack and stroke.

The fiber in tomatoes also helps lower cholesterol levels, helps prevent colon cancer, and helps to keep blood sugars at a low level. Tomatoes are a source of riboflavin, which has been shown to be helpful for migraine sufferers by reducing the frequency of their headaches.

A helpful note about tomato nutrition is that lycopene is actually more available to the body when tomatoes are cooked, so cooked or canned tomatoes are just as nutritious for you as raw. The facts about tomatoes definitely point to this fruit/vegetable as a nutrient powerhouse and a super food to be enjoyed as often as possible.

Superfood #10. Garlic, onion, leeks, and shallots - In a study of centenarians (people living over 100 years of age), it was found that high garlic and onion consumption was one of the factors that surveys revealed may have partial involvement in their longevity. Garlic and onions are a couple of the best sources of uniquely powerful antioxidants.

Garlic health benefits and medicinal properties have long been known. Garlic has long been considered a herbal "wonder drug", with a reputation in folklore for preventing everything from the common cold and flu to the plague! It has been used extensively in herbal medicine. Raw garlic is used by some to treat the symptoms of acne, and the common cold, and there is some evidence that it can assist in managing high cholesterol levels. It can even be effective as a natural mosquito repellent.

A stronger tasting clove of garlic has more sulphur content and hence more medicinal value. Some people prefer to take garlic supplements. These pills and capsules have the advantage of avoiding garlic breath.

Modern science has shown that garlic is a powerful antibiotic, albeit broad-spectrum rather than targeted. The body does not appear to build up resistance to the garlic, so its positive health benefits continue over time.

Studies have shown that garlic - especially aged garlic - can have a powerful antioxidant effect. Raw garlic is very strong, so

eating too much could produce problems, for example irritation of or even damage to the digestive tract.

There are two main medical ingredients, which produce the garlic health benefits: allicin and diallyl sulphides.

Allicin is the most powerful medicinal compound derived from garlic and provides the greatest reputed health benefits.

It is produced when garlic is finely chopped or crushed. The finer the chopping and the more intensive the crushing, the more allicin is generated and the stronger the medicinal effect.

As well as having antibiotic properties, allicin is an excellent anti-fungal and has been used to

More Resources: **Go To The Link Below.**

[Simple Superfoods \(tm\): Top Antiaging Healing Super-foods Product](#)

Yep... They're THAT Powerful.

Now I'm not saying you'll live till 122, but if you've ever wanted to:

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- Sleep better
- **Improve your skin tone**
- Improve your eyesight
- **Have more energy**
- Prevent disease
- **Keep your heart strong**
- Keep your brain active and healthy
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- Lose weight
- **Or simply be happier and live longer**

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