

HEALTH-BOOSTING PROPERTIES OF

18

SUPER FOODS



apples

- help guard against a variety of cancers, including leukemia and cancer of the colon, lung, breast, liver, and skin
- essential nutrients that improve cardiovascular health reduce the risk of coronary heart disease and stroke, and prevent atherosclerosis



apricots

- stronghold of vitamin C, vitamin K, beta-carotene, thiamine, niacin, and iron
- inhibit the pathogenic bacteria associated with ulcers and acute gastritis



bananas

- low in calories, provide essential nutrients such as vitamin B6, vitamin C, potassium, and manganese
- stimulate probiotic activity, which sustains a healthy gut flora



blueberries

- anti inflammatory properties that protect the skin, joints, and cardiovascular and neurological systems
- prevents bone loss and inhibits cancer cell proliferation, particularly in prostate and colon cancer



broccoli

- rich in vitamins A, B5, B6, B9 (folate), C, and K and in dietary fiber
- provides moderate amounts of calcium, iron, phosphorus, and potassium, also contains lutein and zeaxanthin, which foster eye health



carrots

- boost brain function and provide cardiovascular benefits, such as decreasing cholesterol
- diabetics should keep carrots in their diet because they are a good source of vitamin A, which lowers blood sugar and aids in the development of insulin-producing cells in the pancreas



tomatoes

- rich in most of the B complex vitamins, potassium, manganese, chromium, folate, and iron
- excellent source of the amino acid tryptophan, which is important for neurological health and can improve sleep



oranges

- vitamin and mineral-packed fruit, rich in vitamins A, B, and C and potassium and calcium, an excellent source of fiber as well
- vitamin C's healing properties include lessening arterial plaque and protecting against Alzheimer's, Parkinson's, and Crohn's diseases, arthritis, and diabetes



goji berry

- protects against cardiovascular and inflammatory diseases and age-related vision disorders (such as glaucoma and macular degeneration)
- offers liver protection and can improve sexual function



garlic

- guards against heart disease and arterial calcification (hardening of the arteries) and reduces cholesterol and blood pressure
- source of the flavonoid quercetin, which contains antibiotic properties that empower it to fight colds, stomach viruses, and yeast infections



ginger

- used throughout the world to cure dyspepsia (stomach upsets), reduce gastrointestinal gases, and relieve nausea caused by pregnancy, seasickness, and even drugs used in chemotherapy
- rich in antibiotic properties that combat the GI infections which cause diarrhea and dehydration



peppers (Capsicum)

- natural analgesic and a neuroinflammatory blocker that relieves aches and pains in joints and muscles
- yellow peppers are rich in lutein and zeaxanthin, which protect against eye disease and blindness



green tea

- reduces the plaque buildup of atherosclerosis, protect against infectious bacteria, and reduces oxidative stress
- improves bone density and cognitive function, reduces the risk of developing kidney stones, and strengthens heart function



legumes

- excellent sources of dietary fiber, which reduces cholesterol and helps manage blood sugar levels
- chickpeas are a superb source of molybdenum, which strengthens teeth and preserves tooth enamel.



leafy vegetables

- high in carotenoids and other antioxidants that guard against heart disease, cancer, and problems with blood sugar regulation
- juice from cabbage will speed up the healing of peptic ulcers



mushrooms

- medicinal mushrooms inhibit tumor growth, strengthen immunity, and have antipathogenic and blood-sugar lowering properties
- mutagenic benefits of mushrooms fight against leukemia, sarcoma, and the bladder, breast, colon, liver, lung, prostate, stomach cancers, even in advanced stages



onions

- rich in vitamin B6, vitamin C, manganese, molybdenum (essential in preserving tooth enamel), potassium, phosphorus, and copper
- particularly important in the diet of diabetics because they are rich in chromium, a trace mineral that helps cells respond to insulin



whole grains

- barley is distinguished by being an excellent source of selenium, a substance that reduces the risk of colon disorders and colorectal cancer
- millet is high in manganese, magnesium, and phosphorus, all of which support cardiovascular health