

Superfoods of the Millennium: *Healing Ourselves Through Diet*

Do you know what superfoods are? Let me tell you first what they are not. Superfoods are not colorfully packaged, mass marketed products of the combined forces of America's mammoth food production and advertising industries. They are not advertised in the middle of Saturday morning children's programs, and unfortunately, they are rarely found in conventional supermarkets. (If they are, they are relegated to a small, virtually hidden section so as not to steal valuable revenue from food manufacturers that are willing to pay top dollar for premium exposure.)

No, superfoods are not part of the general American consciousness. And that's too bad. Because by their proven power to both maintain and restore total health, superfoods offer a natural alternative to the typically band-aid, invasive, and crisis management approach of the current American medical community.

What Are Superfoods?

Superfoods represent a return to the basics of the food chain. They are a potent, concentrated source of vitamins, minerals, trace minerals, enzymes, antioxidants, fiber, and the essential amino acids. They contain nutrients that are proven to strengthen the immune system and neutralize toxins, and they are reputed to add alkalinity to our systems, thus balancing us, increasing our energy, improving our stamina, sharpening our mental acuity, and deodorizing and cleansing the cells and the colon.

Concentrated and nutrient rich, superfoods are often organically grown in a chemical free environment. They are sprayed rather than heat dried to preserve vital enzyme activity, which is essential to digestion and which unlock the nutritional factors found in all foods.

Many superfoods are consumed in the form of a powder that can be mixed with water or juice. And they bear such names as alfalfa, barley grass, wheat grass, lecithin, spirulina, royal jelly, chlorella, and non-dairy probiotic cultures.

At a time when environmental toxins, stress, and unhealthful lifestyles threaten to overwhelm us, the research into superfoods indicates that they hold the vital key to health.

About the Specific Superfoods

The Sensational Characteristics of Greens

The green superfoods are remarkable foods. They include:

Alfalfa, Barley Grass, and Wheat Grass

The superfood powders made from alfalfa, barley grass, and wheat grass are the easiest way to get the most nutritional value into your body.

Alfalfa, which really a lentil rather than a grass, is one of the most nourishing greens on earth, probably because its roots reach deeper into the soil than any other vegetable, usually 10 to 30 feet deep. Contained in only 100 grams of alfalfa are 8,000 I.U. of beta-carotene (which the body can convert to Vitamin A on command); 200,000 I.U. of Vitamin K (which helps the blood to clot properly); and liberal amounts of Vitamins D and E. What's more, the chlorophyll in alfalfa naturally deodorizes the intestinal tract, making the natural processes all the more pleasant to endure.

Barley grass is another remarkable superfood. According to Dr. Howard Lutz, Director of the Institute of Preventive Medicine in Washington, "Barley grass improves stamina [and] clarity of thought, and reduces addiction to things that are bad for you."

Barley grass improves the texture of the skin and heals the dryness associated with aging. It contains

four times more Vitamin B1 than whole wheat flour and 30 times more than cow's milk; three times more Vitamin C than spinach and seven times more than oranges; and five times more iron than liver.

Wheat grass is one of Nature's best sources of iron, fiber, zinc, chlorophyll, and Vitamins A, C, and K. It contains a total of 90 minerals in all, a greater percentage of protein than eggs, and is a valuable source of beta-carotene, which is of particular value in helping to reduce cancer. In fact, *Diet, Nutrition, and Cancer Status*, a 1982 report by the National Academy of Sciences, indicated that, "...epidemiological research is sufficient to suggest that foods rich in carotene are associated with reduced risk of cancer."

Other Fantastic Superfoods

Lecithin, which is an emulsifier, is found in every living cell. In fact, in dry composition, our brains are 30% lecithin. In the brain, lecithin choline is transformed into acetylcholine, which is a vital compound for the transmission of messages from one nerve ending to another. The result is a proven increase of memory, cognitive ability, and muscle control.

Meanwhile, in the bloodstream, lecithin's emulsifying powers help the body to absorb cholesterol and other fats from accumulating on the walls of the arteries, and help to dissolve deposits that may already be there. In the liver, lecithin metabolizes fat and lessens the chance of liver

degeneration. Soybeans and soy products are far and away the best sources of lecithin.

Spirulina, a blue-green algae, has grown on this planet for at least 3.5 billion years. The first photosynthetic life form, it is the basis of the Earth's entire food chain and is considered one of the crucial ingredients of the Earth's oxygen atmosphere. Spirulina is the world's richest food source of Vitamin B12, containing twice the amount as the equivalent serving of liver. Compared to beef, which is only 22% protein, spirulina is 65% easily digested, biologically complete protein. And spirulina contains a concentration of beta-carotene 10 times greater than that of carrots.

(In case you are concerned, while it is true that super high doses of Vitamin A may be toxic, the beta-carotene in spirulina and other vegetables is safe because the body only converts beta-carotene to Vitamin A as needed. The rest is used to help maintain the body's mucus membranes, which are the body's first line of defense in the nostrils, mouth, and cervix against viruses, bacteria, allergens, and toxic chemicals.)

Chlorella, the small, single-celled, green, fresh water algae, has been present on Earth for more than 2.5 billion years. Scientists believe that chlorella has survived into modern times owing to its inherent ability to effectively repair its own DNA. In addition to this remarkable ability, chlorella also multiplies quickly, quadrupling itself in 17 to 20 hours.

Widely eaten in Japan, where it is used to protect against radiation and highly toxic air pollution, chlorella has nearly twice the protein of soy and eight times that of rice. It has more than 20 times the chlorophyll content of alfalfa, nearly 10 times that of spirulina, and eight times that of wheat grass.

Scientific studies demonstrate that chlorella does indeed help to detoxify the body of such pollutants as heavy metals and pesticides. It also detoxifies and deodorizes the mouth, colon, stomach, and individual cells, and is often used by knowledgeable health professionals to help heal severe infections, skin disorders, colds, influenza, and inflammation.

Royal jelly, or bee's milk, is well known for its ability to support immune functions. It is the concentrated superfood responsible for turning an ordinary worker bee into that long lived reproductive dynamo: the queen bee.

The queen bee's only food, royal jelly helps her to grow between 40% and 60% larger than the worker bee, and to live between four and five years longer than her genetically identical sister. Royal jelly also contains 22 amino acids and significant quantities of minerals such as calcium, copper, iron, and potassium.

Non-dairy probiotic cultures are micro-organisms that adhere to the duodenal epithelium, preventing infections such as salmonella, staphylococci, and candida. These beneficial lactobacilli restore a balance of necessary micro-flora that produce a healthy colon. They improve immune function by implanting friendly bacteria along the entire

gastrointestinal tract lining. They digest sugars, assimilate vitamins, make minerals more bio-available, and reduce the number of harmful bacteria. And by eliminating putrefying bacteria in the throat, mouth, and tongue, these beneficial non-dairy probiotic cultures help to prevent halitosis (commonly known as bad breath).

While your local general store probably won't be carrying the superfoods listed above, they are all easily available at your local health food store. There, you will find powerful new formulas of superfoods with new ones being developed all the time.

The latest findings show clearly that superfoods can play an important role in enhancing our immune systems and energizing our daily lives. When you have the choice between a regular diet, and a diet supplemented by Nature's superfoods, the logical choice is clear. Superfoods are the key to health and vitality for human beings, now and always.

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