Super Foods

Mother Nature's perfect foods are the best sources of essential nutrients, antioxidants, major contributors of fiber; fight disease and help you feel satisfied on fewer calories. Even if you were to choose supplements over whole foods, you just cannot make up for the thousands of phytochemicals found in fresh produce. If you concentrate on eating foods that have a lot of nutrients and phytochemicals, you're setting yourself up for a leaner body and healthier life.

- 1. FRUITS Strawberries, raspberries and blueberries are very high in antioxidants. Blueberries release phytochemicals that speed up the communication between brain cells and help them make dopamine, a key chemical linked to reward and pleasure. Apples are also high in antioxidants and plant nutrients, reducing the risk of some cancers, diabetes, asthma and heart disease.
- 2. VEGETABLES Broccoli is high on every food expert's list. Along with other cruciferous vegetables, such as kale, Brussels sprouts, cauliflower and cabbage, broccoli contains cancer-fighting compounds called indoles and glycosinolates. Tomatoes are high in lycopene which may help prevent prostate cancer and breast cancer. Dark, leafy green vegetables have a pigment called carotenoids that enhance the body's immune response. The pigment protects skin cells against dangerous ultraviolet rays. These foods are rich in vitamin A and antioxidants. Their anti-inflammatory powers also help block pain.
- **3. FISH.** salmon, mackerel and bluefish (cold water fish) contain high levels of omega-3 fatty acids. The brain needs these substances to maintain many complex functions. The body requires these specific fatty acids to take care of the heart and protect against stroke.
- **FYI:** <u>Benefits Omega-3</u> Helps your body store less fat. In addition, the fat you do store is more readily and easily converted into energy and burned during activity. Increases Size of your cells' fuel-burning furnaces so your metabolic rate rises and you burn more calories every minute of every day. Omega-3's also help your body produce testosterone, the hormone

responsible for building new muscle = promotes muscle recovery. If you are not big on fish, consider supplementing these essential nutrients with Arbonne's Omega-3 Plus.

4. WHOLE GRAINS - There are many whole grains available - couscous, quinoa, bulgur wheat and wheat berries - that provide healthy stores of vitamin B and tons of fiber. (AVOID PROCESSED – enriched –means manufacturers remove the fiber and minerals – just kept the "starch" of the grain, acts similar to sugar when digested – NOT good for fat loss).

FYI: Benefits of Fiber

- ~Keeps you regular prevents constipation by moving bodily waste through the digestive tract faster,
- so harmful substances don't have as much contact with the intestinal walls
- ~Traps carbohydrates to slow their digestion and absorption. Stabilizes blood sugar keeps insulin
- levels stable eliminates cravings and prevents body from going into fat storage mode
- ~Lowers Cholesterol reducing risk of heart disease fiber binds to dietary cholesterol, helping the
 - body to eliminate it. This reduces blood cholesterol levels, which, in turn, reduces cholesterol deposits on arterial walls that
- ~Reduce risk of obesity fiber-rich foods are more filling than other foods-so people tend to eat
- less. Because insoluble fiber is indigestible and passes through the body virtually intact, it provides few calories.

The typical American eats only about 11 grams of fiber a day, you need 25 to 30 grams of fiber a day.

5. NUTS - Almonds and walnuts contain powerful anti-inflammatory properties. High in fiber, protein and antioxidants, nuts may reduce the risk of diabetes and may prevent certain cancers. Also, the healthy fats in nuts prevent the accumulation of bad fats in the artery walls. Walnuts and flaxseeds (seeds that have a nutty flavor) contain omega-3 fatty acids, which are good for the heart and brain.

- **6. OLIVE OIL -** Extra-virgin olive oil is a wonderful source of good fat (monounsaturated) and powerful plant nutrients. The oil has antioxidant and anti-inflammatory properties and decreases bad forms of cholesterol while boosting good cholesterol.
- **7. BEANS AND LENTILS -** High in protein and fiber, beans and lentils contain potent levels of antioxidants. The nutrients in these foods help burn body fat and stabilize blood sugar.
- **8. YOGURT** Yogurt is a rich source of protein, vitamin A, calcium and PROBIOTICS good bacteria that keeps gastrointestinal tract in BALANCE. Since 80% of your body's immune system is located in your intestinal tract, probiotics can be part of your first line of defense against adverse effects of stress, illness and aging Calcium forces fat out of cells and into the bloodstream, where it's more quickly oxidized, or burned off. If your body doesn't get enough calcium, fat cells retain the fat and can grow steadily. Many women don't get enough: Only 14 percent of women ages 20 to 50 get the minimum Recommended Dietary Allowance (RDA) of 1,000 mg of calcium, and only 4 percent of women over 50 meet the 1,200-mg goal.
- **9. GREEN TEA -** This beverage is touted for its anti-bacterial and anti-viral effects, and its benefits keep expanding. It's good for the heart and immune system, improves blood flow, is high in antioxidants that fight inflammation, has mood-elevating properties and prevents the absorption of fat. Drink 2 to 3 servings of <u>fresh brewed</u> tea a day.
- **10. WATER -** you can survive for 6 weeks without food you wouldn't last a week without water! **Water helps the body metabolize fat!** Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water can actually reduce fat deposits.

Here's why: The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the livers primary functions is to metabolize (burn) stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat, more fat remains stored in the body and weight loss stops.

Drinking enough water is the best treatment for fluid retention.

When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extra cellular spaces (outside the cells). This shows up as swollen feet, legs, and hands. The best way to overcome water retention is to give the body what it needs – plenty of water. Only than will stored water be released. Excess salt can also be the cause of water retention

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But when a person drinks enough water, normal bowel function usually returns.

How much water is enough? Average - drink 8 eight-ounce glasses a day (approx. 2 quarts). However, the overweight person needs one additional glass for every 25 pounds of excess weight. Water should preferably be cold. It is absorbed into the system more quickly than warm water. Limit fluid intake after 7pm. Otherwise, you will find yourself going to the bathroom throughout the evening.