“Superfood” is the health food industry’s stamp of approval for low-calorie, antioxidant-rich foods that lower your risk for life-threatening diseases such as cancer, diabetes and heart disease.

And they are all the rage! But know this: To those serious about achieving the best health possible—living a long, active life and halting aging in its tracks—superfoods are here to stay!

What’s so super about superfoods? Superfoods contain especially potent concentrations of various nutrients, vitamins and minerals and deliver exceptional, all-natural health benefits.

When these vital nutrients come from whole food sources—like superfoods—instead of huge, hard multi-vitamins, they’re better absorbed by your body. And that means a super-sized health boost for you!

But what really makes superfoods stand out is their phytochemical content. (Phytochemicals are chemical compounds that occur naturally in plants.) Found in massive abundance in superfoods, phytochemicals are renowned for their disease and age-fighting properties!

In this report you’ll be introduced to eight of the world’s most proven, most powerful, nutrient-rich, disease-fighting, anti-aging, health-boosting, stamina-inducing superfoods on the planet—superfoods that can help you live the healthy, active, youthful life you deserve!

Chlorella—The World’s Greatest Anti-Aging Food!

Chlorella is the world’s greatest anti-aging food. It not only helps keep your skin youthful and wrinkle-free, but also helps you live longer!

Chlorella is a single-celled, water-grown algae that contains more chlorophyll per gram than any other plant does. It is extremely rich in vitamins, minerals, amino acids, essential fatty acids and many other nutrients that are beneficial to your health.

Chlorella also abounds in nucleic acids, which control cellular function and heredity. Two forms of nucleic acid are DNA (deoxyribonucleic acid) and RNA (ribonucleic acid). It is chlorella’s nucleic acid content that gives it rejuvenating properties.
Dr. Benjamin S. Frank, author of *The No-Aging Diet and Nucleic Acid Therapy in Aging and Degenerative Disease*, found that nucleic acids promote the rejuvenation of the body’s own DNA and RNA, enabling these nucleic acids to repair themselves, utilize nutrients more efficiently, remove toxins and produce more energy.

Dr. Frank treated his patients with foods rich in nucleic acids, and reported that patients experienced a substantial fading of lines and wrinkles, and developed healthier, younger-looking skin after only two months!

Of the nucleic acid-rich foods Dr. Frank recommended, *sardines* topped the list. He recommends consuming one or two cans of sardines each day, and claimed that his patients not only looked and felt more youthful as a result, claiming that sardines also alleviated health problems such as heart disease, emphysema, arthritis, memory loss, dimming vision and depression.

According to the latest research by Dr. Minchinori in Japan chlorella has seventeen times more RNA than canned sardines! That’s exponentially more rejuvenating power than Dr. Frank’s sardine recommendation.

In his book, *Chlorella, Jewel of the Far East*, Dr. Bernard Jensen, Ph.D., D.O. reports that, when used regularly, chlorella assists in the repair of damaged genetic material in human cells, protecting our health and slowing the aging process.

**Disease Fighter!**

Chlorella is a powerful disease-fighter that can combat the world’s most devastating diseases including cancer, Alzheimer’s disease and even AIDS. This all-natural healing food is believed to effectively help reduce the symptoms of these and other chronic diseases:

- **Cancer:** Chlorella helps to accelerate the growth of immune cells and enables white blood cells to duplicate at a faster rate, which may allow patients to better handle chemotherapy and radiation treatments. Chlorella has also been shown to have anti-tumor effects in some patients.

- **AIDS:** Because chlorella helps to activate T-cells and increase their reproduction levels, it has been successfully used to help thwart the onset of AIDS in some patients.

- **Alzheimer’s/Parkinson’s Disease:** Because it helps the body rebuild nerve tissue, chlorella has become an excellent treatment option for those suffering from degenerative brain and nerve disorders.

- **Viral Infections:** Chlorella helps give the body’s white blood cells the superoxide they need to kill dangerous bacteria and viruses that make us sick. It also contains phycocyanin—a great immune booster and stem cell producer.

Chlorella also has detoxifying abilities that help the liver clear out toxins and neutralize many poisons found in the body, including environmental poisons and toxic foods, thereby helping cells to rebuild themselves and repair damage that can cause illness and disease.

**The “Good Guy” That Takes Over!**

One of the stellar aspects of chlorella is its “growth factor,” which allows it to quadruple in size every twenty hours—faster than any other food crop on earth. This amazing ability is one reason chlorella works so fast at healing and repairing tissues and cells. Because it quickly multiplies the growth of good bacteria in the bowel, it is able to help the body eliminate dangerous free radicals more easily.
Moringa—The “Miracle Tree” of Cell Rejuvenation and The Enemy of Abnormal Cell Growth!

The superfood known as moringa, contains several thousand times more zeatin—a powerful anti-aging nutrient—than any other known plant! It also has two compounds that are reported to help prevent cancer and halt tumor growth.

The moringa is a genus of trees indigenous to Southern India and Northern Africa. The leaves, flowers, bark, wood and roots of the moringa tree are used all over the world for a wide variety of medicinal, pharmacological and nutritional purposes.

But it’s the leaves of the species called *moringa oleifera*, in particular, which have become recognized in recent years as being highly beneficial to human health!

**Moringa contains more than 90 essential nutrients!**

A Bureau of Plant Industry report states that, gram per gram, moringa leaves contain: twice the protein content of 8 ounces of milk (and 4 times the calcium); the vitamin C equivalent of 7 oranges; the potassium content of 3 bananas; 3 times the iron of spinach; and 4 times the vitamin A of carrots.

Over the past 40 years, the World Health Organization (WHO) has been studying and using the moringa plant as a low-cost health-enhancing food for third world countries where malnutrition and hunger are widespread.

Folk medicine practitioners and anecdotal reports suggest moringa’s great value in helping reduce the growth of tumors. Studies show that two compounds that are present in moringa cause a dramatic reduction in skin tumors, and even inhibit tumors in lab mice that are bred to be susceptible to tumors.

India’s natural Ayurvedic practitioners use moringa leaves to prevent and treat over 300 diseases. The leaves contain complete proteins, a rare thing to find in the plant kingdom. This should come as good news for vegetarians, as well as those who are trying to limit their meat and dairy consumption without compromising their protein intake.

**Powerful Anti-Aging Properties!**

Moringa leaves’ rich combination of nutrients, amino acids, antioxidants, as well as anti-inflammatory and antibiotic properties could fill an entire book. But perhaps the most fascinating discovery about moringa leaves is that they are rich in zeatin.

Zeatin is a member of the plant hormone family known as cytokinins. Cytokinins induce cell division and growth, and delay cell aging. A study published in *Rejuvenation Research* shows the undeniable youth-preserving effects of zeatin on aging human skin.

Zeatin has recently become increasingly sought after because of its powerful anti-aging properties. It defends cells against free radical damage, protects healthy cells from the effects of stress, helps the body replace dying cells more rapidly, and strengthens living cells... thereby slowing the aging process.

The human body has approximately 19 million skin cells at any given time. However, 30,000 to 40,000 skin cells die every minute. With the zeatin contained in moringa, new skin cells grow faster than old skin cells die. **This results in a marked reduction of wrinkles on the face and other parts of**
the body, and a more youthful skin appearance.

According to Optima of Africa, Ltd., 25 grams of moringa leaf powder could provide these astounding percentages of recommended daily allowances:

- Protein: 42%
- Calcium: 125%
- Magnesium: 61%
- Potassium: 41%
- Iron: 71%
- Vitamin A: 272%
- Vitamin C: 22%

**Maca—The Sacred Plant More Precious Than Gold!**

The Peruvian herb known as maca is not only highly beneficial to your health, but is also one of the best known natural aphrodisiacs. In fact its reputation for restoring physical strength, improving fertility, and enhancing libido has caused many a South American to nickname it “Spanish Viagra!”

Maca (*Lepidium meyenii*), a hearty root vegetable belonging to the radish family, grows in the high Andean plateaus of Peru. It has gained the reputation of being a super herb in recent years, but it has actually been used for over 2,000 years to heal a variety of health conditions.

In 1960, Gloria Chacon de Popovici, Ph.D., a Peruvian biologist, isolated the four alkaloids responsible for maca’s reputed positive effect on hormonal issues such as hot flashes, fatigue, mood swings, memory loss—and even male impotence.

**A Multitude of Benefits**

Throughout its long history of therapeutic use, maca has been attributed with the following health benefits:

- **It is a powerful libido-enhancer** that also promotes reproductive health. The journal *Plant Science* reported that when maca was used in a reproductive health study, it increased the sperm count in male test subjects in just 2 weeks!

- **It alleviates the symptoms of menopause and PMS.** Indian women use it to treat menopausal symptoms, and Peruvian women have used it for years to encourage fertility and treat pre- and post-menstrual problems. Maca’s calcium, silica and magnesium content helps prevent bone loss that may accompany menopause-induced osteoporosis.

- **It boosts energy levels** and aids in athletic performance.

- **Maca contains glucosinolate and fibers that may help prevent certain forms of cancer.** Its fatty acid content helps strengthen the body’s immune system, thereby helping the body fight cancer.

- **It promotes mental clarity.** Researchers have given maca to students before tests to improve students’ test scores.

- **Maca is an adaptogen.** As such, it increases the body’s resistance to stress, trauma, anxiety and fatigue.

- **It is rich in antioxidants, fatty acids, vitamins, minerals, amino acids and other nutrients that support optimum health.**

- **Because of its high iron content,** it has been shown to be beneficial for those who suffer from anemia.

- **Maca contains terpenoids and saponins which give it the ability to relieve pain,** act as expectorant, sedative and analgesic and even lower cholesterol levels.
In Peru, maca is usually eaten like a potato, boiled and used in pudding, jams and drinks. In other countries, maca is more readily available as a powder that can be conveniently added to food and drinks. Most health food stores and online retailers carry maca powder. Maca is also available in the form of capsules or liquid extract, both of which can be self-administered as dietary supplements.

[Note: Maca bears no resemblance to, nor does it have any association with, the trademarked drug after which it is nicknamed.]

**Spirulina—The Most Nutrient-Dense Food on the Planet!**

One of the oldest living organisms on earth, spirulina is an edible variety of fresh water, blue-green algae that is much like sea vegetables such as chlorella, kelp, nori, kuma, arame and wakame. What sets spirulina apart is that it is more bioavailable, meaning it is more readily absorbed and digested by the body.

Spirulina is considered the most nutrient-dense food on the planet—and has been shown to be effective in the treatment of cancer, high cholesterol, allergies, anemia, elevated blood sugar and many other diseases.

**World-wide Popularity!**

Spirulina has no shortage of fans. Dr. Joseph Mercola calls spirulina “Nature’s nearly “perfect” whole food.” In its September 5, 2005 issue, AARP Magazine ranked spirulina the #1 superfood. And perhaps most notably, the United Nations Food and Agriculture Organization promotes spirulina as a beneficial remedy for worldwide malnutrition.

Spirulina is such a dynamite superfood it can make claims such as…

- Strengthens the immune system
- Increases antioxidant protection
- Fights premature aging
- Promotes healthy digestion
- Inhibits the growth of pathogenic bacteria and yeast
- Stabilizes and maintains healthy blood sugar levels
- Beautifies skin and hair
- Removes toxins from the body
- Boosts cardiovascular health
- Satisfies appetite and promotes weight loss
- And increases energy!

This translates to far-reaching, curative applications for...

- Cancer
- Arthritis
- Allergies
- Osteoporosis
- Anemia
- High cholesterol
- HIV/AIDS
- And many more diseases!

**Throw Away Those Vitamin Supplements and Fortify with Whole-food Nutrition Instead**

Spirulina holds an extraordinary concentration of vitamins and minerals—readily absorbed and digested by the body—such as
iron, potassium, magnesium, copper, calcium, chromium, manganese and vitamin B12. In fact, spirulina contains more vitamin B12 than any other food source on the planet! Vitamin B12 supports healthy nerve tissue and rejuvenates damaged nerves, protecting against conditions such as fibromyalgia.

Spirulina is also an abundant source of beta-carotene. (In fact it contains 10 times more of the carotenoid than carrots do!) Our bodies convert beta-carotene into vitamin A, important for immunity, strong teeth and bones, and healthy mucous membranes, skin and eyes.

Spirulina also contains the superior enzyme superoxide dismutase, which prevents and repairs cell damage.

**Get Omegas from the Original Source**

You may have heard about the importance of eating fish once a week to ensure a healthy dose of omega essential fatty acids. Well, where do fish get their omegas from? From spirulina deep within the sea! Plentiful in omegas, even the difficult to find omega gamma-linoleic acid (GLA), spirulina helps fight cardiovascular disease, diabetes, osteoporosis, arthritis, depression and high cholesterol.

**A Complete Protein that Doesn’t Compromise Your Diet or Your Heart Health**

Spirulina is hands down the best vegetable protein source, in part because it’s a complete protein, meaning it contains all the essential amino acids your body needs. Let’s compare the numbers:

Spirulina is made up of 60-70% protein, a higher amount than that of any other natural food. Animal flesh is made up of only 20% protein, eggs 12%, whole milk 3%, soybeans 35%, peanuts 25% and grains 8-14%.

**Health From the Sun**

The sun is arguably the source of all life. It provides the heat and light plants need to grow. We in turn depend on these plants for survival. Spirulina soaks up the sun’s energy and passes its nutrients on to your body. Algae is an abundant source of these life-giving phytonutrients, including chlorophyll, carotenoids and zeaxanthin.

Spirulina is most celebrated for its 16% concentration of a phytonutrient called phycocyanin—only found in spirulina! Scientists have discovered that phycocyanin converts to a nutrient that mimics bilirubin. Bilirubin is responsible for defending tissues against free radical damage.

Elevated bilirubin levels have been associated with healthy heart function. Scientists believe that phycocyanins may also encourage stem cell regeneration, as they have been proven to support the production of white and red blood cells.

Besides the sun, what else does life require? Every system in your body depends on water, so it is no wonder that such a complete, nutrient-rich whole food has been growing in fresh water for billions of years... just waiting for us to enjoy its complete healing benefits.

**Cacao—The No. 1 Longevity Food**

Would you believe the world’s most incredibly sweet, decadent and satisfying food is actually good for you? Once considered the “bad guy” in the world of food, chocolate has turned into a national health-food phenomenon. Read on to find out why and how chocolate is considered the “No. 1 longevity food in the world.”

Chocolate is formed out of raw cacao seeds, the product of a fruit grown on the cacao tree (*theobroma cacao*). Cacao trees are exotic—growing naturally in the shade of
tropical rainforests in South America and the West Indies. According to researchers, “The raw cacao bean is one of nature’s most fantastic superfoods due to its mineral content and wide array of unique properties.”

No wonder experts like nutritionist David Wolfe, author of Naked Chocolate, are extolling the benefits of the world’s most popular comfort food. Its benefits are far-reaching:

- Chocolate is good for sufferers of asthma, as it contains the anti-asthmatic compounds theobromine and theophylline.
- Cocoa, a component of chocolate, contains flavonels, antioxidants that increase blood flow to the brain.
- Cacao also contains high levels of sulfur and magnesium, increasing your focus and alertness.
- Chocolate can actually make you happier, longer. That’s because cacao enhances the amount of time the happiness-inducing compound anandamide stays in your system.
- Chocolate decreases your anxiety and stress levels. A clinical trial demonstrated that dark chocolate reduced the production of stress hormones in as little as two weeks!
- Chocolate is good for your teeth; the theobromine compound contained in chocolate kills the bacteria that cause cavities.
- Chocolate contains zinc, a key mineral that contributes to the health of your immune system, liver, pancreas and skin.
- Chocolate ensures your blood stays healthy, as it contains the key mineral copper.
- Chocolate is considered by many nutritionists to be the best food for your heart. A study conducted by the German Institute of Human Nutrition found that chocolate consumption lowers the risk of cardiovascular disease, in part due to chocolate’s ability to reduce blood pressure.

**Good for the Heart**

One 15-year study tracked the eating and exercise habits (including the chocolate intake) of 470 men ages 65 and older. The result? “The men in the group that consumed the least cocoa were twice as likely to die from a heart attack than those in the group that consumed the most cocoa.

Just because chocolate is good for your health doesn’t mean you should indulge in the rich, calorific, sugar-laden chocolates that are widely available. Many commercial chocolate bars contain ingredients such as refined sugar or unhealthy sweeteners, trans fatty acids and artificial flavors. The key to gaining the most benefit from the world’s No. 1 longevity food is to choose chocolate with a minimum of additives that can negate the health benefits. Chocolate eaten for health should be:

- **organic**
- **dark** (as opposed to milk chocolate)
- **raw**
- **stone-ground** and/or **cold-processed**...
Wheatgrass—The Absolute Best Superfood for the Rejuvenation of Aging Cells

Did you know ... that wheatgrass rejuvenates aging cells and helps fight tumors, cleanse the blood and tighten loose and sagging skin?

Say what you will about the taste, which can be chased away with something fruity and sweet, wheatgrass is total body nutrition in one gulp. Prominent research scientist Dr. Earp-Thomas says that, “15 pounds of wheatgrass is the equivalent of 350 pounds of carrots, lettuce, celery and so forth.”

Made up of 17 essential amino acids, 90 minerals, 13 vitamins and 80 enzymes, wheatgrass strengthens everything from our cells and tissues to our organs and bodily systems. That in and of itself is an impressive resumé, but wheatgrass owes the majority of its curative properties to its 70% chlorophyll makeup, which sets it apart as a green dream machine.

A Gulp a Day Keeps the Tumors Away

Balanced with such an impressive array of nutrients (particularly chlorophyll), wheatgrass is guaranteed to boost your immune system health, thereby protecting you against chronic diseases such as cancer.

Wheatgrass cleanses the blood and detoxifies the liver (where blood is purified), eliminating toxins from your body. It has also been proven to oxygenate the blood, as well as to stimulate hemoglobin production.

The connection between chlorophyll and hemoglobin (the compound that transports oxygen in the blood) is important in understanding the role wheatgrass plays in fighting tumors. Chlorophyll is almost identical in structure to hemoglobin (aka red blood cells). The only difference is that hemoglobin’s central atom is iron, whereas chlorophyll’s central atom is magnesium.

The difference is slight, and once absorbed by the body, chlorophyll releases magnesium and absorbs iron, thereby converting into hemoglobin. It then transports nutrients, such as oxygen, through the blood and to our cells, tissues and organs—thereby rejuvenating, protecting and strengthening them.

Fact: Cancer Cells Cannot Develop in Oxygen-Rich Environments

Chlorophyll is a proven anti-cancer agent. Boosting the production of red blood cells and increasing oxygen in the blood helps fight cancer cells. And cancer cannot survive in such alkaline-rich environments!

A recent study published in the journal Mutation Research pitted chlorophyll against beta-carotene and vitamins A, C and E. Chlorophyll had a greater anti-cancer effect than all the other nutrients!

A Natural, Internal Antiseptic

Chlorophyll was praised for its antibacterial properties at the beginning of the 20th century.

But wheatgrass goes beyond external antiseptic benefits and washes the internal body free of bacteria and disease. The Journal of Alternative and Complementary Medicine recently reported that the nutrients in wheatgrass reduce oxidative stress and show “great promise in overcoming the ill effects of oxygen toxicity.”
Daily supplementation with this amazing green food is reported to rejuvenate aging cells, turn gray hair back to its natural color, enhance skin with a radiant glow, heal skin disorders such as eczema and impetigo and firm loose and sagging skin!

In *The Wheatgrass Book* author Ann Wigmore, a holistic health practitioner and nutritionist, claims that wheatgrass is a beauty treatment that can significantly slow down the aging process.

If supplementing as a juice, ingest 1-2 ounces a day, unless you are detoxing. In that case, up the dose to 3 to 4 ounces a day. If supplementing as a powder, take one tablespoon 1 to 3 times each day, and if supplementing as a tablet, take 7 to 10 tablets a day (approximately 500mg).

**Camu Camu—The Superfruit with 600 Times More Vitamin C Than Oranges!**

The camu camu fruit has more vitamin C than any other known fruit in the world—and delivers miraculous therapeutic benefits!

Deep within the Peruvian Rainforest originates a berry so potent it is reported to heal chronic diseases, restore clarity, memory and focus to your thinking, and soothe frayed nerves. How can one tiny fruit possess such far-reaching therapeutic powers? The answer lies in the unique combination and density of its nutrients.

Essential amino acids serine, valine and leucine protect and revitalize nervous system health while super-antioxidants ease disease-promoting inflammation and defend against a broad range of viruses.

The healthy goodness doesn’t stop there: this nutrient-packed superfruit is also fortified by essential minerals calcium, niacin, beta-carotene, iron, riboflavin and phosphorous. Camu camu is yet another Amazonian treasure that promises to improve your overall health and well-being safely and naturally.

Former USDA chief botanist, Dr. James Duke, rates camu camu the #1 Superfruit for healing...

- Asthma
- Clogged Arteries
- Cold and Flu Viruses
- Osteoarthritis
- Glaucoma
- Hepatitis
- Infertility
- Migraines
- Gingivitis
- Cataracts
- Pain and discomfort
- Alzheimer’s and Parkinson’s diseases

And those are just the benefits for which camu camu is ranked #1. It also cleanses the liver, stimulates the production of white blood cells, and boosts the effectiveness of the circulatory system. In addition to being an immune system cheerleader, camu camu scores high on aesthetic value: with daily supplementation, hair, skin and nails never looked so good!

**More Vitamin C Per Ounce Than Any Other Fruit on The Planet**

More vitamin C than an orange? Yes! 50 times more, in fact. Oranges naturally contain 3000 to 4000 ppm (parts-per-million) of vitamin C;
however, by the time you eat the orange you are lucky to absorb 1000 ppm. Camu camu measures in at 50,000 ppm!

What’s So Important About Vitamin C?

Vitamin C is a super-antioxidant that protects your cells and DNA from free radical damage by neutralizing them. Free radicals scour the body and are a primary cause of premature aging and disease.

Vitamin C is also a natural tonic for your body’s nervous system. When your nervous system malfunctions, your brain slows down, memory falters, and depression and anxiety kick into overdrive.

Research proves that vitamin C has a significant impact on protecting and restoring cognitive function, including the loss of concentration and memory typically associated with aging. Alzheimer’s disease, for instance, is thought to occur in part due to a buildup of plaque on brain cells. Vitamin C can both prevent and reverse plaque buildup.

Inflammation is The #1 Cause of Life-threatening Illnesses, Including Heart Disease

As a proven anti-inflammatory, vitamin C holds the cure. A primary component of collagen production, vitamin C helps to rebuild joint, cartilage, ligament and tendon damage, making the nutrient an essential part of a joint supplementation program.

No More Dangerous Vaccines: Vitamin C is The Ultimate Flu Shot!

The amount of vitamin C found in camu camu wards off viruses such as the common cold and flu. It also helps to reduce flare-ups of viruses such as Herpes Simplex and Epstein-Barr, and it can even help allay the severity of shingles.

Camu Camu is Immigrating to the U.S.

Many healing fruits from the Amazon forest are difficult to acquire due to complications with harvesting, packaging and preserving. Fortunately, camu camu is a sturdy fruit that is easy to grow in a variety of different climates—cold, rainy and subtropical.

Cherry-sized and tart-tasting, camu camu is best eaten as a powder that you can add to desserts, juices, smoothies and water. Camu camu powders are typically manufactured in a base of sweet tapioca starch to offset the tart taste.

Camu camu is destined to become a key player in America’s health and wellness crusade, but even as camu camu’s popularity grows, we’re quite certain its exotic appeal will endure.

Acai—The Most Antioxidant-Rich Superfood in the World!

Direct from Mother Nature’s medicine cabinet, deep in the heart of the Amazon Rainforest of Brazil, healing acai berries dangle from acai palm trees. Recognizing the curative powers of acai centuries before it was introduced to the West, the Yanomani tribe refers to the acai palm as the “Tree of Life,” and Brazilians have dubbed acai, “The Beauty Berry.”

In his New York Times #1 bestseller, The Perricone Promise, celebrated nutritionist and dermatologist, Dr. Nicholas Perricone, lists acai as the #1 Superfood.

Best All-Around!

The high concentration of antioxidants in acai helps reduce the effects of aging by minimizing
free radical damage to cells.

But acai, pronounced (ah-sigh-EE), isn’t your typical antioxidant-laden fruit. It is also high in essential fatty acids, amino acids and fiber, making it perhaps the most well-rounded, edible fruit on the planet.

This small but mighty fruit measures approximately 1-inch long and is colored varying shades of dark purple. Made up of 90% inedible seed, acai’s 10% edible pulp packs in more grams of protein than an egg and contains 15 times the amount of antioxidants as red grapes and 30% more antioxidants than blueberries.

In fact, its ORAC (Oxygen Radical Absorbance Capacity)—the scientific measurement of a nutrient’s antioxidant magnitude—is over 3500, the highest capacity of any fruit!

The Low-down on Antioxidants

You’ve probably heard the buzz about antioxidants, but just what are they, and what role do they play in your health?

Antioxidants are phytochemicals, vitamins and other nutrients that prevent oxidation from occurring in your body. To understand oxidation, just imagine what happens to a cut apple when it is left uncovered for a couple of hours. It begins to brown and rot. The same process happens inside your body if it is not protected by antioxidants.

What causes the oxidation? Your body produces harmful byproducts called free radicals—unstable molecules that scavenge your tissues and look for electrons to steal. In the process, healthy tissues are destroyed, leading to aging and disease.

Antioxidants interrupt this destructive cycle. Fortifying your body with antioxidant rich foods, particularly acai berries, slows the aging process, and restarts long-lasting health protection.

Acai’s Unique Composition

Scientists have still not figured out the exact makeup of this superfood. Dr. Stephen Talcott of the University of Florida discovered 50-75 active natural molecules in acai that have yet to be classified.

Acai has all the typical vitamins and minerals found in popular fruits, but also contains unique, never-before-seen plant compounds. Acai contains potent antioxidants, flavonoids and anthocyanins, which are responsible for acai’s rich color and thought to be the key to acai’s remarkable restorative and preventative powers.

Antioxidants alone are enough to encourage indulgence in this decadent fruit. Add omegas 3-6-9 to the mix and acai truly earns its superfood status. This perfect balance of omegas improves the look and feel of hair, skin and nails, and reduces disease-causing inflammation inside the body.

Acai also contains a healthy dose of fiber, amino acids and carbohydrates that boost your immune system and your metabolism, thereby slowing aging and promoting longevity.

Great! Give Me a Handful!

Unfortunately, fresh acai, replete with living, health-promoting nutrients isn’t available in the United States; you’d have to trek to Brazil to eat the berry by the handfuls because it spoils 24 hours after it’s picked from the palm.

Acai juice is readily available in health food stores across the nation, however, many are watered down with additives and sugar concentrates and depleted of any real nutritional value.

Making The Most of Superfoods

Deciding to make superfoods a regular part of your health regimen should be an
easy decision, but it’s not always easy to find fresh, potent superfoods year round. Availability varies from country to country and state to state, and some superfoods can lose their effectiveness if frozen or boxed and shipped for long transport.

But optimum benefits are best achieved by inviting these miracles of Mother Nature into your life—and your body—daily!

If you want to rebuild your body and your health with the world’s eight most powerful and nutrient dense superfoods year round—all conveniently packaged in a perfectly measured, proprietary, great-tasting blend—you may want to consider **Mega-Nutrition Organic Superfood**, which is the only superfood blend that contains all 8 of the world’s greatest superfoods.

Many superfood supplements are highly processed, which affects the quality and bioavailability of the nutrients and phytochemicals. The superfood ingredients in **Mega-Nutrition Organic Superfood** are 100% raw and GMO-free, making it possibly your best choice for optimal nutrition!

Enjoy your super health with superfoods!