



Nutritional Workshop - Super Foods

Number One: A Reason to Chew

Have you ever eaten a bowl of fresh, either lightly steamed or raw veggies? If you have, you may have noticed one simple fact – it takes time to chew.

Unlike a sandwich, which you can eat quickly, eating veggies demands more dedication to chewing.

Studies conducted by the chewing gum industry have linked the act of chewing to many beneficial effects on the nervous system. One study from St. Lawrence University found that students who chewed during tests outperformed non-chewing students in five out of six cognitive tests due to what they called, “mastication induced arousal.”

Another study from Cardiff University measured increased cortisol (a stress hormone) production, faster heart rates, and increased attentiveness – all from chewing. These test results were not linked with the sugar content in the gum, nor the flavor of the gum chewed. As a result of the overwhelming research in this area, students today are actually encouraged to chew gum during tests.

While the advantages of cortisol production and “mastication induced arousal” are debatable, here is a list of amazing benefits to be reaped from chewing:

- Chewing stimulates the production of salivary digestive enzymes like amylase in saliva, which lubricate the esophagus and the chewed food in the digestive tract.
- Chewing relaxes the end of the stomach – called the pylorus – allowing food to be released into the small intestine more easily.
- Chewing stimulates taste receptors in the mouth, which in turn triggers the release of hydrochloric acid, or HCL, in the stomach. HCL is responsible for processing hard-to-digest proteins, like casein in dairy and gluten in wheat.
- Inadequate chewing has been linked to digestive issues such as gas, bloating, and other forms of indigestion.

- Chewing also forces us to relax and take time to eat, rather than race through every meal.

In other words: The more you chew, the better you digest. So sit down to a meal of veggies and chew your way to better digestion.

Number Two: Take it From the Gorillas

Gorillas, whose digestive system most resembles that of humans, eat more than half their body weight in ounces of vegetables a day. They literally spend all day munching on veggies. While it may be unrealistic to match their consumption, experts agree we should be eating up to one, or even two, pounds of veggies each day.

Gorillas also eat fruits, grains (in their natural unprocessed form), and a small amount of meat.

Number Three: Release those Toxins

Vegetables are loaded with fibrous cellulose, which scrubs the intestinal villi, provides bulk for the stool, and binds toxins for escort out of the body. Without enough cellulose in the digestive tract, bowel movements – and the consequent elimination of toxins – are dramatically compromised.

Cholesterol, along with other toxins, is attached to bile in the liver. Vegetable cellulose attaches to the bile and escorts it, with toxins in tow, out of the body through the stool. Without enough vegetable cellulose in the diet, up to 94% of the bile (with cholesterol and toxins attached) is re-absorbed by the liver and the blood, which raises cholesterol and increases risk of cardiovascular disease.

Number Four: Your Armor Against Heart Disease



Most Americans gets their cholesterol tested regularly to screen for heart disease, the number one killer of Americans. The cholesterol that is connected with heart disease is called low-density lipoprotein, or LDL, and is often referred to simply as, “the bad cholesterol”. Cholesterol becomes “bad” through the process of oxidation.

Vegetables are the number one source of antioxidants in the diet, neutralizing the process of oxidation. When vegetable intake is low, antioxidant levels crash, allowing the fats in the blood to oxidize. Low vegetable consumption is directly linked to the oxidation of LDL and, ultimately, high cholesterol and heart disease.

Major protective phytonutrients found in vegetables, including flavonoids and carotenoids, have been shown to reduce heart disease, high blood pressure, diabetes, obesity, and some cancers.

Number Five: The Ultimate Low-Calorie, Blood-Sugar Stabilizing Food Group

Vegetables are extremely low in calories. A cup of vegetables averages about 50 calories. By contrast, nuts and seeds can have as many as 750 calories per cup. Moreover, the body uses almost the same amount of energy to chew and digest vegetables as it receives from them, thus, they are called a “free food,” or a food with a very small caloric load.

Breaking down the cellulose fibers in vegetables takes time, which allows the carbohydrates to be released slowly. This helps keep the blood sugar stable. You can see why vegetables are the ultimate low calorie, blood-sugar stabilizing food group.

Vegetables are also low in fat and have zero cholesterol. In fact, 95% of all vegetables have less than one gram of fat per serving. Eating plenty of vegetables stimulates the breakdown of fat already stored in the body, and helps the body burn this fat for energy.

Number Six: Alkalize!

Most experts agree that the diet for optimal health should be 1/3 acidic and 2/3 alkaline. In nature, the winter harvest is a mostly acidic one, high in grains and meats. In the spring and summertime, nature's bounty of alkalizing fruits and vegetables helps the body naturally detoxify the heavy stores of winter.

Alkalizing the body helps keep the blood healthy and the lymphatic system moving, maintaining a constant natural detox.

Challenge yourself this spring to make two-thirds of your diet alkaline – it is more challenging than you might think! See my Acid/Alkaline Food list [here](#).

Number Seven: Balance the Six Tastes

Vegetables provide the body with the oft-overlooked tastes of bitter, astringent, and pungent. In a society largely addicted to the sweet, sour, and salty tastes, large amounts of vegetables have been replaced with a diet rich in grains and bread, meats, dairy, and eggs.

According to Ayurveda, the six tastes are to be included with each meal. This balances not only the body, but the mind and emotions as well. In Ayurveda, the word for “taste” – rasa – is the same as the word for “emotion,” echoing that food is fuel for the body, mind, and spirit.

A diet high in the sweet and salty tastes can overly-satisfy the senses and, in time, create a dependency on those sweet and salty foods. Studies show that these foods activate dopamine receptors in the brain.

Dopamine is the “I’ve gotta have it hormone,” and it plays a part in any addiction. It is a “diminishing” hormone, meaning that the more you stimulate it, the more of a substance it takes to stimulate it to the same degree. Soon, the natural sweet taste of vegetables (think of them as complex sugars wrapped in fiber) gets replaced with the more potent, quick-acting sweet taste found in breads, dairy, and sweeteners.

To balance this major cultural addiction to the sweet and salty tastes, we must significantly reduce those tastes and add generous, nearly gorilla, amounts of veggies back into the diet!

Number Eight: Spring Cleaning

In the spring, when the snow begins to melt and the ground softens, deer dig up rhizomes to eat. Rhizomes, or surface roots, are loaded with astringent and bitter constituents that scrub the intestinal villi of old and hardened mucus congestion. It is like a spring cleaning of the gut. These early spring roots also stimulate liver function and blood purification. So don't forget the root vegetables like beets, burdock, carrots, ginger, radish, onions, garlic, dandelion, turmeric and most spices.



Number Nine: Nature's Pro-Biotics

Green vegetables, especially the spring greens, are loaded with chlorophyll. Chlorophyll fertilizes the intestinal villi and aids in the proliferation of the good intestinal bacteria, which are essential for digestion, assimilation, detoxification, and intestinal waste removal. This is a natural way to get the pro-biotic result, without a supplement. In contrast, most pro-biotic supplements do not encourage the growth of your own flora. They work well only while you take them, but the benefits stop when you discontinue taking them.

The production of intestinal flora may be one of the most important factors linked to optimal health. When we take nature's cue and load our diet with alkalizing veggies in the spring, we naturally restore healthy intestinal flora.

Number Ten: Vitamins and Minerals (That Your Body Doesn't Make)

Vegetables deliver vitamins that the body does not make, including the water-soluble B-complex vitamins such as B1, B2, B3, B5, B6, biotin, and choline, as well as Vitamin C. The

water-soluble vitamins are not stored in the body, so they must be ingested daily. Without adequate amounts of veggies in the diet, many of these vitamins may become deficient.

Vegetables are also a rich source of the fat-soluble vitamins A and K, and some Vitamin E.

Vegetables are also the primary source of minerals in the diet. For instance, the main source of calcium for humans should not be dairy, but green leafy veggies. As far back as 1936, in a well-publicized report entitled, "Document 264 from the Department of Agriculture", the 74th Congress stated that, "99% of the American people are deficient in minerals, and a marked deficiency in any one of the more important minerals actually results in disease."

That same report from 1936 stated that, "virtually all soils in the United States are mineral deficient." In 2001, The Journal of Complimentary Medicine pointed out that US and UK Government statistics showed a decline in trace minerals of up to 76% in fruit and vegetables from 1940 to 1991.

Perhaps this makes a case for mineral supplementation, but first and foremost, we must focus on getting as many veggies in our diet as we can!

** Always eat organic when possible.*

WATER!

The simple truth is dehydration can cause disease. Which disease? Well, according to studies almost all disease, even cancer. There are biological mechanisms connecting water to almost every condition. Water may not fix every problem but problems "caused" by dehydration cannot be solved without addressing that "cause" no matter what therapy is employed. Keeping this in mind, restoring and maintaining adequate hydration can increase the effectiveness of clinical therapies. The human body is 25% solid or solute and 75% water which is the solvent. The solute refers to the enzymes, minerals, proteins, hormones, etc. Over the years medicine has attempted to manipulate the solute in the body to achieve health benefits. However if the solvent is depleted, the electromagnetic fields of the solute will not work at their capacity. Proteins and enzymes function more efficiently in solutions of lower viscosity. In other words in solutions of higher viscosity, i.e. dehydration, proteins, enzymes and hormones become less efficient. Therefore every function of the body is monitored and pegged to the flow of water! Often, when people think thirst, coffee, tea, alcohol, soft drinks, etc. come to mind; however, these concentrated fluids can never substitute for the body's need for water. In fact these substances can actually increase dehydration because the body must further dilute

them due to their concentrated composition. So the very things we drink for dehydration actually make the situation worse from a cellular perspective. At the cell membrane, the osmotic flow of water through the membrane can generate "hydroelectric" energy or voltage that is converted and stored in the energy pools of ATP and GTP. ATP and GTP are like vital cell battery systems storing energy particularly important in neurotransmission. So dehydration can cause a type of cellular fatigue. The brain has absolute priority in the water rationing system of the body. "Products manufactured in the brain cells are transported on "waterways" to their destination in the nerve endings for use in the transmission of messages. There seems to exist small waterways or micro streams along the length of nerves that "float" the packaged materials along "guide lines" called microtubules. Water also has a firmly established and essential hydrolytic role in all aspects of metabolism. Similar to the chemical powers of water that make a seed grow, these water dependent chemical processes we call hydrolysis are essential for life. "Hydro" refers to water and "lysis" means separation. Water is essential for the splitting or separation of proteins, carbohydrates, enzymes, etc. Let's look at a possible dehydration pain link. Histamine is one of the ways the body regulates water intake and distribution in the body. As histamine and its subordinate water regulators prostaglandins, kinins, etc. become excessively active they cause pain when they come across pain sensing nerves in the body. Noninfectious, recurring, chronic pain should always be translated as a "thirst" signal first! How about stomach pain? Dr. Dehydration and a resultant change in water content in the cells, to water content outside the cells brings about tissue changes locally in the gut. As the dehydration persists, the histamine regulated water management system swings into operation, with resultant local dyspeptic (stomach) pain. Of course this "thirst" signal can be suppressed with medication, which is the usual recommendation. But wouldn't it be reasonable to try water first? Another "thirst" signal of the body is joint pain. As we know, cartilage has a high concentration of water. This "held water" allows the cartilage to provide almost friction-less joint movement. The water being the lubricant that protects the contact surfaces of the joint. As joints move and the cartilage surfaces glide over one another, some exposed cells die and are removed. New cells take their place. In well-hydrated cartilage the rate of friction damage is minimal. In dehydrated cartilage the rate of abrasive damage is increased. The water to hydrate cartilage comes from the base through the bone marrow and the bone; however, there is competition as growing blood cells in the marrow take priority over cartilage for the available water. There is a Dr. Batmangeldj who has a similar logical mechanisms to link dehydration to angina, allergies, asthma, hypercholesterolemia, hypertension, colitis, hiatus hernia, depression, obesity, even insulin regulation. Again that doesn't mean that water will cure all these conditions but it is important to realize that problems caused by dehydration cannot be solved without addressing it no matter what therapy is employed.

Perhaps water should be the number one factor that we address!

The Many Health Benefits of Chlorophyll

Essentially, any green plant that you consume contains a level of chlorophyll as this is what gives it its green color. But some foods are higher in chlorophyll than others.

- High in amino acids
- Regulator of calcium
- Helps break addiction
- Alkalizes the body
- Anti-inflammatory
- Wound-healing properties
- Fight infection
- Protect from cancer
- Helps skin disorders
- Cleanses, builds, and oxygenates the blood
- A powerful detoxification effect on the body
- Rich in enzymes that promote quick rejuvenation of our cells
- Extracts toxins from the liver and improves liver function
- Neutralizes free radicals
- Promotes healthy intestinal flora
- Fights infection

Parsley is rich in many vital vitamins, including Vitamin C, B 12, K and A. This means parsley keeps your immune system strong, tones your bones and heals the nervous system, too.

It helps flush out excess fluid from the body, thus supporting kidney function. However, the herb contains oxalates, which can cause problems for those with existing kidney and gall bladder problems.

Regular use of parsley can help control your blood pressure. The folic acid in this herb is like a tonic for your heart.

Use parsley daily, and you'll feel relief from joint pain. That's because the herb has anti-inflammatory properties.

Parsley tea relaxes stiff muscles and encourages digestion.

Studies indicate that parsley—especially its essential oil—may have a role in inhibiting cancerous tumors. In fact, scientists have billed it a 'chemoprotective' food.

Health benefits of Oregano

Oregano contains an impressive list of plant derived chemical compounds that are known to have disease preventing and health promoting properties.

Oregano contains health benefiting essential oils. Its decoction is taken by mouth for the treatment of colds, influenza, mild fevers, indigestion, stomach upsets, and painful menstruation conditions.

Thymol is also been found to have anti-bacterial, anti-fungal activities. The herb is rich in poly-phenolic flavonoid anti-oxidants and has been rated as one of the plant sources with highest anti-oxidant activities. These compounds help act as protective scavengers against oxygen-derived free radicals that play a role in aging and various disease processes. This marvelous herb is an excellent source of minerals like potassium, calcium, manganese, iron, and magnesium. Iron helps prevent anemia. Magnesium and calcium are important minerals for bone metabolism.

In addition, fresh herb is an excellent source of antioxidant vitamin; vitamin-C.

Oregano is a proven super "functional food."

Basil promotes heart health

Basil is rich in beta-carotene and other carotenoids, powerful antioxidants that protect cells from free radical damage and cholesterol. Basil is also an excellent source of magnesium, improving blood flow, and promoting cardiovascular health and wellbeing.

Basil advances healthy skin. Essential oils found in basil have long been effective as organic alternatives in treating dry skin, acne and psoriasis.

Basil prevents some cancer. Basil's antioxidant properties and flavonoids protect cell structures from damage inflicted by free radicals, important in cancer prevention and overall good health and wellness.

Basil boosts the immune system. Basil has important antibacterial properties. When applied to the skin or surfaces, basil fights back against bacteria and so much more.

Basil promotes a healthy gastrointestinal (GI) tract. Anti-inflammatory properties second-to-none that can provide much-needed relief from all kinds of conditions, including inflammatory bowel disease (IBD) conditions. Basil is also reportedly helpful in treating constipation, indigestion, stomach cramps, and more.

Cilantro, Toxic Metal Cleansing

Cilantro is most often cited as being effective for toxic metal cleansing and rightfully so, this herb is a powerful, natural cleansing agent. The chemical compounds in cilantro bind to toxic metals and loosen them from the tissue. Many people suffering from mercury exposure report a reduction in the often-cited feeling of disorientation after consuming large and regular amounts of cilantro over an extended period.

Other Benefits of Cilantro

May be able to help prevent cardiovascular damage. The School of Life Science in Tamil Nadu, India noted, after researching the activity of cilantro leaves and stem, “if used in cuisine would be a remedy for diabetes.”

- Strong antioxidant activity.
- Has been shown to have anti-anxiety effects.
- May help improve sleep quality.
- Has been examined and described to have a blood-sugar lowering effect.

Why Sprouts?

There are a great many reasons to eat sprouts. As we age, our body's ability to produce enzymes declines. Sprouts are a concentrated source of the living enzymes and "life force" that is lost when foods are cooked or not picked fresh from your own garden. Additionally, due to their high enzyme content, sprouts are also much easier to digest than the seed or bean from which they came.

All nutrients necessary for life are contained in seeds—a food category that includes grain kernels, beans, legumes and nuts. Because sprouts are so fresh and do not sit for days or weeks in warehouses, we know that we are getting optimum nutrition.

Acai (pronounced ah-sigh-ee).

There's a new ingredient making quite a buzz in the health, beauty and wellness world and it's called Acai (pronounced ah-sigh-ee). This teensy deep plum-colored berry contains serious amounts of antioxidants, phytonutrients, amino acids, fiber and beneficial fatty acids (omegas 3, 6 and 9) to keep your skin looking healthy, your immune system strong and your body's vitality and energy levels high.

The acai berry comes from a group of palms located in Central and South America and are known to be among of the most nutritious foods found in the Amazon. (It's also a pretty tasty treat when mixed up in smoothies!)

The antioxidants in berries can help your body fight oxidative stress caused by free radicals that can lead to illness. Eating a diet rich in antioxidants can help improve your health, protect your skin and hair, and prevent certain diseases. All fruits and vegetables contain antioxidants, but nutrient-rich berries are some of the absolute best sources.

The Stinking Rose

Garlic has been proven to 100 times more effective than antibiotics, working in a fraction of the time.

10 Reasons to LOVE Chia Seeds

1. Combat Diabetes

Chia is being studied as a potential natural treatment for type-2 diabetes because of its ability to slow down digestion. The gelatinous coating chia seeds develops when exposed to liquids-can also prevent blood sugar spikes.

2. Get More Fiber

Just a 28-gram or one-ounce serving of chia has 11 grams of dietary fiber — about a third of the recommended daily intake for adults. Adding some chia to your diet is an easy way to make sure you're getting a good amount of fiber, which is important for digestive health.

3. Stock Up On Omega-3

Chia seeds are packed with omega-3 fatty acids, with nearly five grams in a one-ounce serving. These fats are important for brain health. "There's better conversion of omega 3s into the plasma or into the food than with flax seed," said researcher Wayne Coates.

4. Stronger Teeth And Bones - A serving of chia seeds has 18 per cent of the recommended daily intake for calcium, which puts your well on your way to maintaining bone and oral health, and preventing osteoporosis.

5. Don't Forget Manganese. Manganese isn't a well-known nutrient, but it's important for our health: it's good for your bones and helps your body use other essential nutrients like biotin and thiamin. One serving of chia seeds, or 28 grams, has 30 per cent of your recommended intake of this mineral.

6. Plenty of Phosphorus

With 27 per cent of your daily value for phosphorus, chia seeds also helps you maintain healthy bones and teeth. Phosphorus is also used by the body to synthesize protein for cell and tissue growth and repair.

7. Pack In The Protein -Chia seeds also make a great source of protein for vegetarians and don't have any cholesterol. One 28-gram serving of these super seeds has 4.4 grams of protein, nearly 10 per cent of the daily value.

8. Fight Belly Fat -Chia's stabilizing effect on blood sugar also fights insulin resistance which can be tied to an increase in belly fat, according to Live Strong. This type of resistance can also be harmful for your overall health.

9. Get Full Faster –

Tryptophan, an amino acid found in turkey, is also found in chia seeds.

While tryptophan is responsible for that strong urge to nap after a big Thanksgiving dinner for example, it also helps regulate appetite, sleep and improve mood.

10. Improve Heart Health - According to the Cleveland Clinic, chia seeds have been shown to improve blood pressure in diabetics, and may also increase healthy cholesterol while lowering total, LDL, and triglyceride cholesterol.

All good news for your ticker!

Why Choose Hemp?

- Great source of protein.
- Aids in the production of vital enzymes.
- Approximately 2/3 of Hemp protein is made up of edestin aiding in DNA repair.
- The other 1/3 is albumin, a protein found in egg whites.
- Aids in repair and growth of lean body mass.
- Hemp adds an “optimal balance” of essential fatty acids in your diet which help to prevent heart disease, diabetes, and dementia.
- Hems seeds are non-GMO!

Raw Cacao

- Is the MOST recommended over all forms of chocolate.
- Was found to be one of the highest antioxidant foods on the planet
- Contains over 300 identifiable chemical compounds.
- Is one of the most nutritionally complex foods.
- Lifts your mood – due to the presence of Phenethylamine and Anandamide.
- Regulation of blood sugar - due to the presence of Chromium.
- Supports weight loss – due to the presence of Coumarin.
- Cardiovascular protection – due to the presence of Magnesium.

So, Be SUPER!