SUPER FOOD SYNERGY

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Superfoods are, by definition, more than just regular food. In fact, they are exceptionally nutrient dense and typically contain very beneficial phytochemicals. Because of the amount of nutrients they pack into a small amount of food, they are ideal choices to compliment your fat loss goals.

It’s easier to think about superfoods if we categorize them into five distinct categories:

**Green Superfood:**
This category of superfood contains the most potent edible grasses, certain types of algae, and the most nutrient-packed green leafy vegetables.

**Fruit and Nut Superfood**
Exceptionally high in anti-oxidants, the fruit and nut Superfoods help us build up our im-mune system and supply us with copious amounts of amino acids and trace minerals as well.

**Bee Superfood**
Surprisingly, there are several types of superfoods that come from bees...not just raw honey. In fact, some types of bee superfoods provide every nutrient necessary to support human life!

**Seaweed Superfood**
Seaweed, or sea vegetables, can have a remarkable impact on weight loss! Not only are they the most nutritionally dense plants on the planet, but they also naturally stimulate your body to burn fuel before it can be turned into fatty deposits, and also speeds up the process of releasing stored fat from your cells!

**Herb Superfood**
A wide variety of herbs have impressive health benefits, but we will focus on just a few that help speed fat loss and help reduce your body’s stress levels.

**IMPORTANT NOTE:**
Always check with your doctor prior to consuming herbs.
Now that you understand the categories of Superfoods, here is the list of Superfoods that we highly recommend:

**GREEN SUPERFOODS**

**Wild Blue-Green Algae**
Would it shock you to know that algae is 60% protein and has a more complete amino acid profile than beef? In addition, it is a powerful immune booster and studies have also shown that it turbocharges your brain to improve memory.

**Barley Grass**
With more vitamin C than orange juice, 11 times more calcium than cow's milk, and significant amounts of iron, barley grass is a powerful superfood that also helps purify your blood.

**Wheat Grass**
Since wheat grass is sprouted, it no longer is a threat to those with gluten allergies and can be safely used for its powerful superfood qualities. Due to its ability to normalize the thyroid, it promotes weight loss and cleansing of your body.

**Spirulina**
Containing almost 70% protein, studies have shown that Spirulina also controls cravings and normalizes your blood sugar...essential for keeping insulin levels low so that you can stay in fat burning mode.

**Chlorella**
This fresh water algae contains all the B vitamins making it an excellent energy booster. In addition, it is a powerful immune system booster.

**Green Leafy Vegetables**
Vegetables of this type are incredibly packed with rich nutrients, minerals, and easily digestible proteins making them one of the most easily accessible superfoods.

**FRUIT AND NUT SUPERFOODS**

**Goji Berries**
This excellent anti-oxidant can help reverse aging, protect against disease, and cleanse the body of free radicals. It is also an incredible source of vitamin C; over 500 times more than the amount contained in an orange!
Raw Cacao
When eaten raw, this nut contains the highest amount of anti-oxidants ever found...over 21 times the amount found in green tea, plus it is a fantastic source of iron and magnesium.

Maca
This root has been used for centuries in South America for its ability to increase energy, stamina, and immune system function.

Acai
A very tasty superfood, Acai is also a powerful anti-oxidant that supports keeping your body free of disease.

Coconuts
Did you know that the molecular structure of coconut water is identical to that of human blood plasma? It’s true. In order for your body to make use of the energy it produces, that energy must be transported to the cells. Electrolytes are transporters within your body in charge of this, and the highest source of electrolytes in nature is the Coconut.

Coconut Oil
This easily digestible saturated fat helps to speed your metabolism due to the direct way your body processes its medium-hain fatty acid structure. It also acts as an anti-viral, anti-bacterial, and anti-fungal agent within your body!

Noni
Not only beneficial for its powerful nutrients, Noni is also a very effective pain reliever and cell rebuilder. In addition, it has very good anti-inflammatory benefits.

BEE SUPERFOODS
Royal Jelly
Within a bee colony, the queen bee lives exclusively on royal jelly. This incredible substance is the world’s richest source of vitamin B5, which is known to combat stress and fatigue. This is very beneficial when you are working out hard and losing fat.

Bee Pollen
A powerful allergy reducer, bee pollen is also one of the most complete foods found in nature. Not only does it provide instant energy, but it also speeds recovery from illness. It has also been found that bee pollen helps with mental function.
Propolis
Bee Propolis is a powerful antibiotic compound that can help to strengthen your immune system and fight against viruses.

SEAWEED SUPERFOODS
Seaweed varieties (also known as sea vegetables) are the most nutritionally dense foods on our planet, and are excellent at neutralizing the blood and counteracting the highly acidic diets found in western cultures. This has the effect of helping to protect the body from many types of toxic substances that we ingest from the modern food supply that has been treated with many chemicals. Here are a few varieties that I recommend trying:

Nori
Typically used to wrap sushi, you can also buy untoasted nori sheets to use at home.

Kelp
This is what most people think of when they think of seaweed. It is available in powder or capsules, but is also excellent to eat in its natural form.

Dulse
This red seaweed is typically available as Dulse Flakes and is great to use as a seasoning.

Arame
This brown, stringy seaweed just needs to be soaked in hot water for 5 minutes...then it's ready to eat.

Wakame
After soaking for 5 minutes, this seaweed has a sweet flavour that is a great compliment to many salads.

Kombu
Kombu is considered a great flavour enhancer to many dishes.

HERB SUPERFOODS
Nettle
This incredible plant has the ability to increase thyroid function, increase metabolism, and aid in the flushing of waste from your system. This superfood is high on our list of fat loss tools.
Aloe Vera
There are over seventy-five healing compounds found in Aloe Vera and it has been used in its raw form for centuries to help alkalize the body and prevent heartburn, indigestion, and to help heal cuts, burns, and other skin ailments. But its benefits are internal as well due to its alkalizing effect.

Echinacea
This herb is a natural lymph flow enhancer, meaning it helps your body move lymph throughout the body to carry toxins out of your body. The effect is that it helps purify the body, protect against colds and flu, and acts as a natural anti-biotic.

Ginseng
The restorative effect of ginseng is well documented. In addition, it has great abilities to help you handle stress as well as overcome infections. But the best benefit is in its ability to promote regeneration from fatigue.