

May 2013

# HomeCures

*That Work*.COM

WEIGHT CONTROL • SPIRITUAL WELLNESS • HEALTHY RECIPES • LIVING HEALTHY

## Superfoods

**Superfoods  
For Every Taste**

**Superfoods:  
Hype...or Health?**

**Spirituality: The  
New-Old Superfood**

**Superfood  
Shopping  
List**



# HomeCures *That Work*

## Superfoods Table of Contents

<b>Superfoods for Every Taste</b>	<b>3</b>
1. Super GREENS	4
2. Super Sprouts	4
3. Super Berries	5
4. Super Pomegranate	5
5. Super Brassica – or cruciferous?	6
6. Super Spices	6
CAVEAT	7
<b>Superfoods: Hype or Health?</b>	<b>8</b>
What is a Superfood?	9
Superfood Lies	9
Exposing Not So Super Foods	10
My Top 3 Favorite Superfoods	12
Superfood Misconceptions	14
<b>Superfoods Shopping List</b>	<b>15</b>
Top 7 Common Superfoods to Add to Your Shopping Cart	15
Superfood Recipes	18
<b>Spirituality: The New-Old Superfood</b>	<b>20</b>
SuperFood vs. Super Competition	21
Divine Nutrition....The Big Picture	22
<b>The Forgotten Ingredients of the Mediterranean Diet</b>	<b>25</b>
Antioxidants: What Do They Do?	26
Spicing the Mediterranean Way	27
Another Mediterranean Diet Secret – Start the Meal Right	28
<b>Organic Food Budget</b>	<b>29</b>
Here is Where you Save	29
This is Where you Spend	31



# Superfoods for Every Taste

By Dr. Scott Saunders

## Food...Glorious Food!

We love food! We live for food! Food is ubiquitous and besides that, it's EVERYWHERE!! Food is such a wonderful thing! It gives us pleasure. It gives us energy. Indeed, it gives us life! We cannot live without food.

Even to this day, there are people in this world who die for a lack of food, and yet we live in a country that has never known famine. The “amber waves of grain” from the United States have fed much of the world. We grow so much corn we need to devise ways to use it so we put it in shampoo, other hygiene products, make plastics out of it and even ferment it into alcohol to burn in our cars!

With all this food it should be obvious that we would be well-nourished, but this may not be the case. Our biggest health problems come from *too much* nutrition. Energy, in the form of calories, is abundant in sugar, starch, fat and protein.

However, most of the foods with these do not contain the antioxidants needed to prevent disease, disability and death. Heart disease still ranks as the number one cause of death, and cancer is a close second, both of which are caused primarily by inflammation from too much energy. Inflammation also causes:

- Arthritis
- Parkinson's disease
- Cataracts
- Alzheimer's disease
- Enlarged prostate
- Macular degeneration
- And other "degenerative" diseases

Indeed, aging is a process of inflammation. However, we now know we don't have to decline — even in our "declining years." There are many foods known as "superfoods" to help us remain alert and active throughout our lives.

Superfoods are those that contain a lot of nutrients and antioxidants, but not a lot of calories.

- They prevent us from aging, declining, and breaking-down.
- They protect us from toxins and inflammation.
- They help keep our youth and energy.

And, what's so wonderful is that there are superfoods for *every* taste.

## 1. Super GREENS

Green vegetables were the first to be recognized as a super food. Popeye ate a can of spinach and immediately had the power to flatten Brutus and win the love of Olive Oyl.

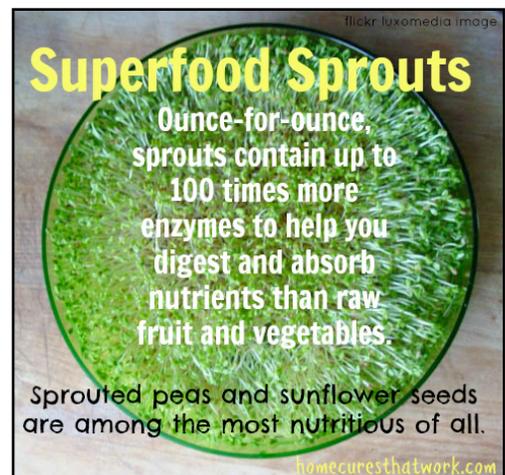
While spinach is a great food, there are many more types of green leaves with high nutrient value. Swiss chard is very nutritious, as are beet greens, and all forms of lettuce. Ironically, most of our salads in the United States primarily contain iceberg lettuce, which is the least nutritious. Branch out and use dandelion, arugula and chard in your salads. These green leafy vegetables are packed with antioxidants and minerals.

The color green comes from the magnesium in the chlorophyll that helps the plant make energy. Chlorophyll helps detox the body of heavy metals such as mercury, lead and arsenic. The list of vitamins, minerals and other nutrients is very long, but they are short on calories, so they don't create free-radicals. Mom was right: "Eat your greens!"

## 2. Super Sprouts

Ounce-for-ounce, sprouts contain up to 100 times more *enzymes* to help you digest and absorb nutrients than raw fruit and vegetables.

- The quality of the protein, meaning the available *amino acids* improves when beans, nuts, seeds and grains are sprouted.
- The *fiber* content also increases as starch is turned into fiber.
- Sprouting increases both the vitamin and essential (omega-3) oils by as much as 30 times within a few days.



- Moreover, minerals, such as calcium and magnesium, are bound to protein, making them more bioavailable.

Sprouts are best eaten between meals to replace chips, cookies, and other high-calorie-and-low-nutrient snacks. Enjoy all kinds of sprouts from alfalfa to wheat, beans to chia. Sprouted peas and sunflower seeds are among the most nutritious of all. You can buy them, the fresher, the better, or you can sprout them in your own kitchen! It's easy!

### 3. Super Berries

Karen had fibromyalgia and was in pain for years and had trouble sleeping every night. She had been to many doctors and was given pain medications that only “dulled” the pain because they “dulled” her brain. In spite of this, she was unable to get off of the medications. On the advice of a friend she tried gogi berry juice and was amazed that she actually felt better. Within weeks she was able to get off of all the narcotics and was sleeping well! When she ran out of the juice she found that the whole berries would work just as well. Now, several years later, she is free of drugs, and continues to feel great.

Undoubtedly, the most delicious, sweet, and nutritious superfood is berries. It's hard to beat the antioxidant power of these little fruits. Not only do they contain minerals and vitamin C, strawberries, blueberries, blackberries, and berries of all varieties contain large amounts of anthocyanin that gives them color, as well as provides antioxidant properties.

Most of the exotic berries like acai and gogi are generally as good, but are rarely available fresh. Berries are best eaten fresh to get the full benefit. They:

- Keep your eyes from degenerating
- Keep your prostate from enlarging
- Keep your heart beating regularly
- Prevent cancer

Moreover, berries are not high in sugar so they don't contribute to obesity, diabetes and inflammation. These fruits really are super!



### 4. Super Pomegranate

Katie is a long time patient with Crohn's disease, an inflammation of the bowel, which had caused her to have large portions of her intestine removed. Over the years she struggled with pain, cramps, nausea, diarrhea and infections. Then, one day she ate a pomegranate and felt better. She ate more of them every day and got better and better. She was finally able to eat foods that she hadn't touched in years!

The pomegranate is definitely a super food. It is very nutritious, with few calories, and is an excellent antioxidant, keeping the oxygen free-radicals low.

One day there were no pomegranates in the store because they were out of season. Katie went to other stores, but could find none. She finally decided to buy pomegranate juice, but it didn't help. She suffered again until the next season -- only the fresh pomegranate kernels kept her Crohn's disease under control.

The moral of the story is that very often when even super foods are processed into juice, powder, or concentrate, they may lose some important element. It makes sense that we eat them whole, and as fresh as possible -- the fresher, the better.

## 5. Super Brassica — or cruciferous?

“Brassica” is the scientific genus name for a group of vegetables called “cruciferous.” These powerhouse vegetables are in a class of their own because they contain special nutrients. In fact, the following are among the highest nutrient-to-calorie ratio of any food:

- Broccoli
  - Cauliflower
  - Collard greens
  - Kale
  - Brussels sprouts
  - Cabbage
  - Mustard greens
- Keep your skin young
  - Your tendons and ligaments strong
  - Your bones resilient

The cruciferous vegetables also:

- Help make glutathione, one of the most important antioxidants in the body that protects your liver, lungs, and brain from oxidation and cancer.
- Help maintain hormone balance with DIM, and repair DNA and lengthen your telomeres with I3C.
- Protect from viral, bacterial, and yeast infections, as well as prevent cancer.
- Truly help maintain youth more than any other food.

Boiling these wonderful superfoods destroys or leaches many of the nutrients. The best way to prepare them is about 4 minutes in a steamer, which releases the nutrients without destroying or washing them away.

Find ways to incorporate these into the diet of children, as well. When I was young my mom would put finely-chopped mustard greens, collard greens, or kale into fried rice. She would also put broccoli, kale and cauliflower into soups. When my brothers and I complained, she said, “You can't even taste it -- just eat it!” and we did. Now, I enjoy it, and do the same to my kids!

## 6. Super Spices

Modern food is engineered for taste. People expect consistency in taste. They want their salsa in Peoria, IL to taste the same as what they had in Houston, TX. So, food engineers look for sameness.

The problem with nature is that there is no consistency – a spice grown in Asia will have a slightly different flavor from the same spice grown in Africa. Because of this our food is now flavored with “flavorings” (natural and artificial) that are always the same, instead of spices. The problem is that spices contain so much more than just flavor; they are really SUPERFOODS!!!



Here are just a few examples of what spices can do for you:

- Cilantro – Removes mercury from the body better than intravenous EDTA chelation.
- Garlic – Antioxidant, lowers cholesterol, prevents heart disease and blood clots.
- Turmeric – Antioxidant, anti-inflammatory.
- Cinnamon – Lowers blood sugar, prevents insulin resistance.
- Ginger – Improves adrenal function.
- Black Pepper – Increases nutrient absorption of all other foods.
- Licorice root – Heals the stomach and intestines, helps the adrenal glands.
- Oregano – Inhibits candida and bad bacteria.
- Peppermint – Calms the stomach.

USE SPICES!!! Use the real thing. Fresh is better, if you can get it. Don't use "flavorings" like "imitation vanilla" – just get the real stuff. Learn how to incorporate more and different spices into your cooking. Using spices will improve your health, keep your body working longer and prevent the aging process. Besides that, your food will taste better!

## CAVEAT

Finally, I would like to add a word of caution to this list. People see something called a SUPERfood and think they have to eat it every day in order to be healthy. This is NOT the case.

It's important that you vary your diet and rotate your superfoods. Eating the same thing every day makes your body less able to utilize the nutrients. Even kale, with the highest nutrient-to-calorie ratio, contains substances that can inhibit mineral absorption and lead to goiter.

The best rule to follow is FEAST *and* FAMINE. In other words, eat some for a while – a few days, a week, or a month – and then take a break for just as long. This keeps your body efficient, and keeps the nutrients in your superfoods effective!



Dr. Scott D. Saunders, M.D. is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the

medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. <http://drsaundersmd.com/>



## Superfoods: Hype or Health?

By Amanda Box

**T**he word “Superfood” is constantly popping up in the world of health and nutrition. Although the word itself implies health, many companies are using this good-for-you description to hype up their products and increase sales. The truth is not all superfoods are created equal.

It truly boils down to defining what a superfood really is and exposing the exaggerated claims.

Do superfoods exist? Absolutely.

However, my personal definition of superfood may differ from what many are claiming. These days there is such a vast amount of confusing, and at times conflicting, information on superfoods. There's nothing wrong with many superfoods; what's wrong is the claim of superpower status. While some superfoods do have some great health benefits, buyers beware - you also get what you pay for. That's why it's so important to arm yourself with the facts.

It is my hope that I can clearly communicate to you which superfoods boast an abundance of certain nutrients that are deemed healthy and are worth incorporating into your life and daily diet, and which foods deserve no special consideration which being overpriced or overrated.(2)

## What is a Superfood?

There's no official definition of what makes a superfood. My definition of a superfood is really quite simple. It is a food in its natural state that is very nutritionally dense.

- It is also as free as possible from chemicals like pesticides and herbicides.
- They are typically high in one or more of the following:
  - Vitamins
  - Mineral
  - Amino acids
  - Fiber
  - Protein
  - Phytochemicals
  - Antioxidants

Basically, superfoods fill you up with most of the nutrients and minerals we are all missing from our average American diet, even those of us who are healthy. A superfood can do some wonderful things in the body that typical foods cannot. They may:

- Naturally boost energy
- Slow the aging process
- Strengthen the immune system
- Enhance mental clarity and focus
- Or balance hormones

These characteristics, in my opinion, are what makes a food super, making them an excellent choice for those wishing to pursue a healthier lifestyle. Remember, superfoods are pure, created by the force of nature, without any added enhancements or modifications.

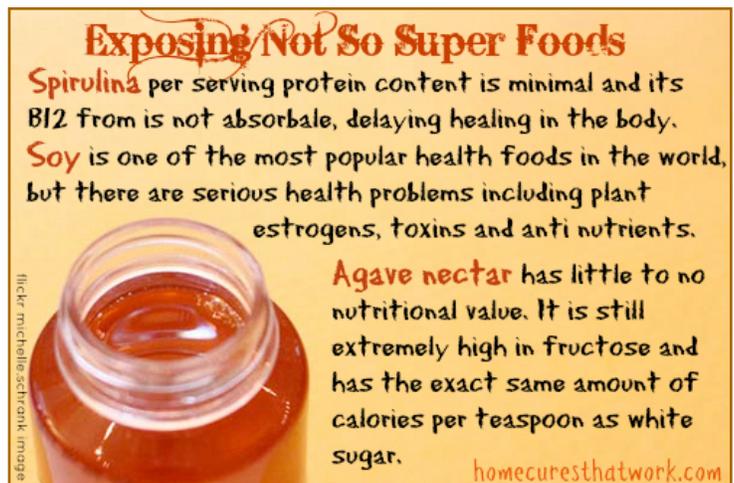
## Superfood Lies

Food and supplement companies can easily manipulate you to purchase a specific product because of its superfood label:

- Manufacturers can make a sugar filled cereal look healthy by putting "Whole Grains" on the label.
- They enhance unhealthy beverages by adding vitamins and minerals to fool you into believing that they are now good for you.

If you aren't trained to actually look at the ingredients and nutritional information, then it is easy to become prey to purchase junk foods disguised as health foods. Sugar, corn syrups, and other empty-calorie additions often top the ingredient list on

candy, fruit snacks, or sugary drinks disguised as superfoods. That, in my view, is superlame.



Companies will put whatever they can on their product to hook you into a purchase. They'll use colorful designs and pictures that are appealing to the eye to "label me delicious." Companies have taken note of the new superfood craze and have made no hesitation in adding the word "superfood" to their labels, despite clinical evidence of nutritious content. Marketing products is a multi-billion dollar industry and they are excellent at what they do. Don't buy into their schemes! After all, does a label make the product?

The first step in identifying whether a food is really healthy is reading the nutritional labels. There is definitely a learning curve to distinguishing between healthy and unhealthy foods. And there is even a greater curve in distinguishing between regular health foods and superfoods! However, with a bit of practice, it will become second nature for you.

Let me give you an idea of how to read between the lines when looking at the labels. Making sense of labels is a 3-step process:

**1. Read the ingredients.** Any product that has several ingredients followed by a list of vitamins is not a true superfood. Superfoods have naturally occurring vitamins, minerals, and antioxidants. In fact, natural foods are unlikely to have any label, at all! Adding synthetic vitamins, which are not easily absorbed by the body, to these foods does not count as available nutrition.

**2. Read the nutritional content.** After you determine whether or not there are added vitamins or minerals, you need to evaluate the nutritional content per serving. Check for the levels of:

- Vitamins
- Minerals
- Protein

I find that the levels of fat and calories typically aren't worrisome, as long as they come from pure and natural sources. Amino acids and antioxidants, often naturally high in superfoods, aren't typically on the nutrition label unless the company felt compelled to put them there. This brings me to step 3.

**3. Do your research.** If you really want to know if a food is "super" or not, it may take some research on your part. Hop on the internet and begin your research for foods that have natural health-promoting properties such as reducing one's risk of disease or improving any aspect of physical or emotional health. Stay clear of sites with dizzying array of information, claims and produced products to boost your chance of purchasing. Find as much objective research as possible. Look for what makes that particular food so special. Many times the claims don't match up with what is really in the food itself. The term superfood is a loose label put on certain foods by all sorts of people.

For those of you with little time to do your own research, fear not! I'm going to expose some of the most popular "not so super" foods on the market that are touted as though they are super.

## Exposing Not So Super Foods

### Spirulina

The first super food I want to expose is Spirulina. Spirulina, a blue-green algae, has been on the market for a while now and has been renowned as a healthy food supplement for years. However,

it isn't as healthy as you may have been led to believe. Don't get me wrong, Spirulina is not all bad. It has some very redeeming qualities, such as its protein and amino acid content. However, spirulina is being marketed as the "end all be all" vitamin and protein source for vegetarians and vegans.

Marketing spirulina as a meat replacement is extremely dangerous. Is it healthy for you? Maybe. However, I have 2 concerns about spirulina.

1. Spirulina's per serving protein content is minimal. Although some spirulina contains up to 60% protein, each serving typically only contains a gram or two. If you were to truly use it as a replacement of meat, you'd likely break the bank by having to buy it by the gallon!
2. The B12 in spirulina is not all it's cracked up to be. Though significant for a vegan source, it's in an analog form that is not usable by the body. This analog form actually competes with absorbable B12 in the body, blocking its absorption and delaying healing in the body. B12 deficiency can be extremely serious for vegans and vegetarians. I definitely would not recommend spirulina to those whose diets lack in protein and B12. Instead, I recommend a whole food vitamin that is high in B12 (methylcobalamin form is best absorbed) and a great vegan protein powder like pea, hemp or rice.

### **Agave Nectar**

Agave nectar is soaring in popularity at the moment, but only thanks to false advertising. Nothing makes me more angry than when companies convince innocent customers that their product is healthy when, in fact, it is not! I feel like the bad guy when I inform those well meaning people that they have been scammed.

Does agave nectar have a lower glycemic index than white sugar? Sure. But agave nectar has little to no nutritional value. It is a new sweetener, not one that has nourished humans for thousands of years. Agave nectar's concentrated syrupy sweetness is a result of an intense, multiple step manufacturing process, not mother nature.

It is still extremely high in fructose, which can cause insulin resistance and weight gain. The concentration of fructose in agave is actually higher than in high fructose corn syrup (HFCS)! It also has the exact same amount of calories per teaspoon as white sugar. There really are no redeeming qualities to agave nectar. I recommend using stevia or xylitol as a healthy replacement.

### **Soy**

If there is a "health" food product that I loathe the most, it has got to be soy. I personally battled with a soy intolerance for years that left me bloated, tired, and hormonally wrecked. I bought into the lie that soy was a super health food and consumed it daily hoping to improve my health. The opposite happened for me and it, unfortunately, took me over a year to figure out that soy was the source of my new health disturbances.

Soy hides out nearly everywhere. It is a cheap food additive and is used so often that you have to watch for it carefully to fully avoid it. It is the star in cereals, so called health foods and hidden in processed foods (hydrolyzed soy protein anyone?).

Soy products like tofu, meat alternatives, and even toasted soy nuts have been promoted as a wonderful source of protein for the body. I 100% disagree! If you want a great vegetarian source of protein without side-effects, then use hemp, rice, or pea protein instead.

Soy is the furthest thing from super, in my book. It is one of the most popular health foods in the world, but there are serious health problems including plant estrogens, toxins and antinutrients. Its consumption carries a whole host of potential side-effects. Some of the most common include:

- Infertility
- Digestive problems
- **Erectile Dysfunction**
- Accelerated Aging
- Hypothyroidism
- Blocking of essential mineral absorption

Furthermore, most soy is genetically modified, which in itself has potential side-effects. The soybean was a modest and unpopular crop until food manufacturers intent on creating cheap vegetable oils convinced the U.S. government to start subsidizing it. The soy was turned into oil, and the industry was left with an industrial waste product. Then somebody had a brilliant idea - Let's take this industrial waste product full of toxins and carcinogens — isolated soy protein — and turn it into food that people will eat!

Soy foods were born. If you want to get healthy, I suggest avoiding soy consumption at all costs.

## My Top 3 Favorite Superfoods

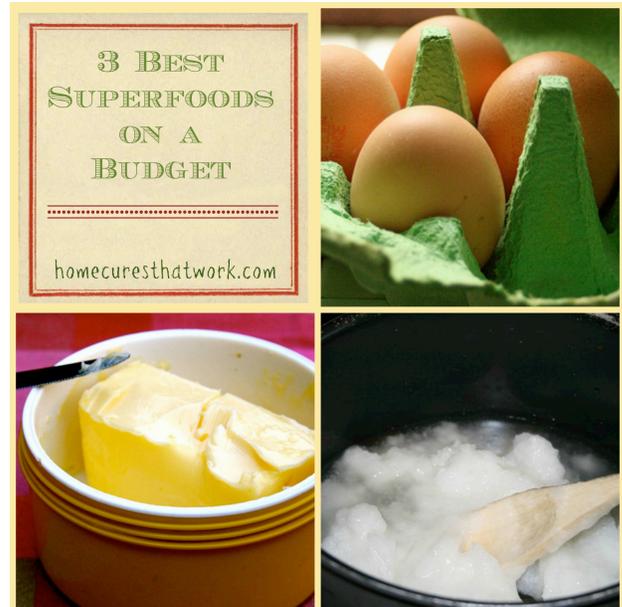
At this point you may be wondering if there are any actual superfoods I endorse. Of course there are! I try to keep my diet as full of superfoods as possible — and on a reasonable budget. Fresh, organic, and natural food is expensive! So, I try and get the most bang for my buck when it comes to the healthiest foods. I keep these 3 foods stocked in my cabinet for their great nutrition and health benefits. Not everyone may consider them “super,” but I believe they are.

### Coconut Oil

Coconut oil is one of the most incredible things you can put in your body. It is healthy for your body from head to toe, inside and out! Though many may avoid consuming it because they believe it will cause weight gain, the opposite is actually the case.

- Coconut oil stimulates the thyroid and can actually promote weight loss!
- Plus, it is a healthy fat that can decrease your appetite.

Coconut oil has been described as "the healthiest oil on earth." That's quite a remarkable statement. What makes coconut oil so good? What makes it different from all other oils, especially other saturated fats? Coconut oil contains over 50% lauric acid. Lauric acid contains some incredible properties. It is naturally:



- Antimicrobial
- Antibacterial
- Antiviral
- Antiparasitic
- Antifungal

I recommend taking at least 2 tablespoons a day of coconut oil. You can put it in your coffee, spread it on your toast, or just take it by the spoonful. Coconut oil boosts the immune system, promotes weight loss, moisturizes your skin and boosts the thyroid. I would definitely call it a superfood!

### Grass Fed Butter

Can butter really be considered a superfood? I believe so! The key though, is that it needs to be grass fed. Grass fed butter, otherwise called pasture butter, contains amazing nutritional benefits that conventional butter does not contain.

I call my pasture butter, fat burning butter. Pasture butter has three to five times higher conjugated linoleic acid (CLA) levels than conventional butter. CLA is an ingredient found to naturally burn excess fat in the body, decrease belly fat and more fat loss in overweight individuals. The immune system also gets a boost from CLA, and muscle building is helped as well.

Grass fed butter also naturally contains:

- Vitamins A, D, E, and K2
- Trace minerals like selenium, iodine, copper, and zinc
- Glycosphingolipids - fatty acid that protects the intestinal tract from infections
- Omega-3 and Omega-6 fatty acids

There are clear winners and losers in life. Grass-fed butter wins hands down to conventional better. There's not much more to say other than get out there and find yourself a decent source of grass-fed butter! Grass fed butter can be purchased at your local health food store. I purchase the brand Organic Valley. However, if you have a local dairy farmer who grass feeds his cows, having deep yellow-orange raw grass fed butter is even better!



## Free Range Eggs

Free range eggs are one of the most nutritious things you can put in your body. For years they were demonized stating that they raised your cholesterol. That is a myth that has been proven incorrect.

After a recent study published in The Journal Of Nutrition, Dr. Robert Nicolosi at the University of Massachusetts said, “Our data shows that eating an egg a day is not a factor for raising cholesterol.” (1)

Here are the top 5 reasons why free range eggs are a superfood. Eggs, yolk and all, provide you with an amazing source of:

1. Protein - one of the highest quality proteins you can find
2. Amino Acids - 9 in all!
3. Eye nourishing nutrients lutein and zeaxanthin
4. Naturally occurring vitamin B12
5. Choline, which is important for maintaining a healthy brain and nervous system

One last thing. Keep in mind that the quality of the egg is only as good as the quality of the bird it came from. This is why I recommend free range eggs. Local is always best. Check out your local farmers market for eggs pasture-raised, locally.

## Superfood Misconceptions

I know I have probably surprised you by what I consider to be a true superfood. Many times, exotic foods tend to often be the focus of superfood attention. However, going back to the basics of true, natural, and unadulterated foods can be about as super as you can get. You don't have to buy the latest and greatest fad superfood to receive amazing health benefits. The often overlooked basics are sometimes the best “super powerful” foods.

References:

(1) <http://jn.nutrition.org/content/136/10/2519.full>

(2) <http://www.naturalnews.com>

038324\_food\_superfood\_nutritional\_density.html#ixzz2QBwrMYZu

---



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog “My Life in a Healthnut Shell” at <http://amandabox.blogspot.com/> for contact info.



# Superfoods Shopping List

By Amanda Box

**M**any times when you hear about the latest and greatest superfood, it isn't something you would typically pick up at your local grocery store. So often it's a "newly discovered" berry or plant found in the Amazon Rainforest. Unless you choose wisely, the only thing "super" about the item may be the sticker shock you encounter when you bring it to the register.

I am a believer that most superfoods are more common than you think. You can pack your body full of antioxidants, vitamins, and minerals from common foods at your local grocery store that you may have never known were truly super. The good news is you can get the health benefits of "champagne" superfoods on a club soda budget. And here's how.

## Top 7 Common Superfoods to Add to Your Shopping Cart

### 1. Broccoli

The first item on this superfood list is the cruciferous vegetable, packed full of vitamins, minerals, antioxidants and phytonutrients. The superfood broccoli contains a substance called sulforaphane, which has been identified as an anti-cancer nutrient. This compound can potentially stop and prevent the growth of tumors!

And if preventing cancer isn't a good enough reason to start incorporating broccoli into your diet, then its high fiber, vitamin C and calcium content should! Broccoli even contains compounds which help facilitate detoxification and nourish the liver. When your mom told you to eat your broccoli, she was on to something! (1)

## 2. Blueberries

Although most berries are high in nutrients, blueberries take the cake when it comes to superfood. They are extremely high in antioxidants and have many vitamins, phytochemicals and flavonoids.

- The flavonoids in blueberries come from their deep purple blue color. These flavonoids protect neurons in the brain, which in turn protect our memory. (2)
- The high antioxidant content contained in blueberries have been linked lowering blood pressure, as well as speeding up the metabolism.
- Anthocyanin, a particular antioxidant in blueberries, has been shown to lower bad cholesterol, prevent heart disease, and inhibit the growth of breast cancer cells. (3)
- Blueberries also contain fiber and up to 24% of your daily value of vitamin C.

If you can't find them fresh, buy a bag of frozen blueberries. Sprinkle them on your morning oatmeal or blend them in a smoothie. Blueberries are one of the most delicious superfoods!

## 3. Organic Yogurt

This superfood may be a bit surprising to you, but yogurt is really quite super. It is not only an excellent source of calcium, but contains nourishing probiotics.

Probiotics are living healthy bacteria that help maintain a healthy digestive tract. These probiotics:

- Prevent diarrhea
- Treat constipation
- And boost the immune system

Yogurt is often tolerated well by those who are lactose intolerant because the lactose has been converted to lactic acid.

While yogurt can be a nutritious food and tasty snack, not all yogurt is created equal. Stay clear of flavored and sweetened yogurts; they typically contain a lot of sugar or artificial sweeteners.



I suggest buying plain organic yogurt and sweetening it yourself with a natural sweetener like stevia or berries.

#### **4. Kale**

For years, I didn't even think kale was edible! I thought this bitter green was just a pretty garnish for the plate. Now kale is gaining popularity as one of the most nutritious superfoods you can put in your body!

- Packed full of nutrition, kale contains 192% of the recommended daily value for vitamin A.
- It is high in vitamins A, C and K, as well as the minerals calcium and iron.
- It also contains lutein, which is very important for eye health.
- Kale has 45 different flavonoids, which account for its anti-inflammatory and antioxidant benefits.
- A cousin to broccoli, kale also contains sulforaphane, a strong detoxifier and anti-cancer nutrient.

That's a lot of health in a leaf! You can find a variety of different types of the leafy kale by color: green, white, purple or bluish green.

#### **5. Chocolate**

I'm sure you're quite relieved to see chocolate on this superfood list. For many of us, this is a dream come true. Chocolate, or technically cacao, is a very healthy and extremely delicious superfood. Not all chocolate is healthy though. When you do indulge in chocolate and you're looking for a health benefit, true cacao is dark chocolate.. Milk chocolate and most chocolate candy is packed full of refined sugar and has little to none of the important nutrients found in cacao.

Cacao has been scientifically studied and shown to have numerous health benefits. A Harvard Research team analyzed over 20 studies with over a thousand participants. They found that cacao consumption lowered blood pressure and improved both blood vessel health and cholesterol. Cacao contains flavonoids that actually prevent heart disease!!

Another study that was published in the Chemistry Journal called cacao a superfood and stated that it contained more antioxidants, per gram, than blueberries and other super berries! Cacao can also:

- Improve mood and cognitive function
- Suppress the appetite
- Lower insulin levels in diabetics

Remember, darker is better. Look at the cacao percentages on the label and shoot for 65% or higher cacao for the best benefits. (3)(4)

#### **6. Cinnamon**

This super spice is one of the healthiest spices in the world! It not only improves the taste and flavor of foods, it improves your health! Cinnamon is heavily packed with antioxidants. If you compared it gram to gram, it would contain 50X the antioxidant power of most super fruits and veggies!

Scientists have discovered that cinnamon is an excellent way to control both blood sugar, cholesterol, and triglyceride levels in the body.

It is also a natural anti-inflammatory. Chinese medicine uses cinnamon as a digestive tonic as well as an energy and vitality enhancer. These are all amazing incentives to start sprinkling cinnamon onto your foods daily.

## 7. Tea

I am a big promoter of tea. I rarely drink coffee and drink a morning tea instead. America is really one of very few countries where tea is not an important part of the culture. Instead of afternoon tea, we drink sugary flavored coffees or energy drinks. We can surely take a lesson from other countries across the world and their love of tea.

Tea contains many antioxidants, which prevent cell damage and mutations that grow cancer cells. The highest antioxidant component in green tea, ECGC, has been shown to inhibit the growth of cancer cells! Green tea is also great at speeding up the metabolism.

Red tea and black tea also have health benefits. There are many medicinal teas that help treat colds and flu or soothe a sore throat. Put Tulsi tea on your superfood list as a great choice for those wanting to reduce their stress levels.

Once you enter the world of tea, it will open up so many different choices and flavors to try. It is really an exciting, delicious, and health enhancing experience that I recommend everyone embark on. Tea is a superfood that's cheap, has no calories, is associated with relaxation and pleasure, tastes good, and is available everywhere, from the finest restaurants to the local diner.

## Superfood Recipes

Once you have filled your shopping cart full of these amazing superfoods, it is time to start eating! I have included a couple great recipes that will help you incorporate as many of these superfoods as possible into your daily diet. These recipes are extremely simple to make. Much of what I believe holds many people back from eating healthy is the length of preparing healthy foods from scratch. That does not have to be the case. Healthy superfoods can be as quick and easy to prepare as fast foods!

### Superfood Breakfast Parfaits

Breakfast parfaits are one of my absolute favorite things to have for breakfast. This recipe contains superfoods I have mentioned above, plus a few more ingredients that I consider to be amazing superfoods, as well. This recipe contains plain oats instead of granola, which is typically in parfaits. Granola is usually quite high in sugar, however the oats still contain the great health benefits of cholesterol lowering fiber.

This recipe is designed to be made the night before consuming. They keep several days and make for an amazing convenience, healthy, grab and go filling breakfast! Put it on your "easy to make" superfood list!



*Superfood Breakfast Parfait*

**Main Ingredients:**

- ¼ cup oats
- ¼ cup plain yogurt
- ⅓ cup organic milk
- 2 tsp chia seeds (high omega-3 superfood)
- 1 packet of stevia powder

Some great add-in's would include:

- ¼ cup blueberries
- 1 tbsp of finely chopped dark chocolate
- ¼ cup of strawberries, raspberries, or cherries
- ¼ cup of peaches
- ¼ tsp vanilla extract

In a half pint jar, add in the main ingredients and shake well. Add the ¼ cup of fruit and any other add-in's. Mix together thoroughly, place the lid on and refrigerate overnight.

## Blueberry Chocolate Date Bars

### Ingredients:

- 1 cup dates
- 1/2 cup ground flaxseed
- 1/4 cup slivered almonds
- 1/3 cup cacao nibs
- 1/4 cup sesame seeds
- 2 tablespoons chia seeds
- 1/4 cup sunflower seeds
- 1/2 tablespoon lemon juice
- 3/4 cup fresh blueberries

*Everyone loves chocolate, but many times it is hard to incorporate “healthy” forms of chocolate into your diet. This recipe contains no added sugar, but rich with antioxidant blueberries. It is also packed with healthy fiber! These bars are great for kids and can be a wonderful snack or even breakfast treat! (5)*

### Preparation:

1. Process the dates in a food processor or blender until reduced to small chunks. Set aside.
2. Combine the ground flaxseed, slivered almonds, cacao nibs, sesame seeds, chia seeds and sunflower seeds in a large mixing bowl.
3. Add the lemon juice and processed dates to the mixing bowl and mix with your hands until all ingredients are combined into thick clumps.
4. Add the blueberries and gently work the blueberries in with the other ingredients.
5. Transfer the mixture to a 9-inch pan and press down firmly to form the energy bars.
6. Cover the dish with plastic wrap and refrigerate for 2 hours to harden the bars.
7. After the energy bars are hardened, cut into squares and refrigerate in an airtight container.

Remember, incorporating superfoods into your diet doesn't have to be complicated or expensive. These superfoods are not only healthy, but they're also affordable, familiar, and readily available at regular grocery stores and farmers markets. With so many choices, you'll discover just how easy it is to eat super healthy every day...even when on a tight budget.

Start stocking your fridge and pantry with these 7 superfoods, which have been proven to help prevent and, in some cases, reverse the well-known effects of aging. You will begin to both feel and look better.

These foods keep you young on the inside and on the outside! You will never regret making healthier choices for yourself and your family! It the best decision you can make for a healthy, happy future by shopping with this superfood list!



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog “My Life in a Healthnut Shell” for contact info: <http://amandabox.blogspot.com>

Superfoods: The better you feel, the more you do it.

### References:

- (1) <http://www.healthyaging.net/articlelive/articles/more-research-supports-broccoli-as-super-food.html>
- (2) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2850944/?tool=pubmed>
- (3) <http://www.thecrimson.com/article/2011/4/5/chocolate-health-dark-benefits/>
- (4) <http://journal.chemistrycentral.com/content/5/1/5>
- (5) Courtesy of Madefromscratchrecipes.com



# Spirituality: The New-Old Superfood

By Michael Tyrrell

**I**rony: A state of affairs or an event that seems deliberately contrary to what one expects.

This is the definition of my experience for the entire past month! Without being “Johnny Raincloud” or “Debbie Downer,” I can honestly say I was counting the days till a new month comes around! My wife Lillian and I enjoy vibrant health and rarely ever get sick, so two days after sharing this “health testimony” over dinner at a pastors home in New York, it was quite *ironic* that I was flat on my back, burning up with fever and indescribable pain in every inch of my body!

At first, I was totally frustrated and confused wondering why I had become so ill. To add insult to injury, I had to cancel two weeks of speaking engagements. Then, I remembered Psalm 23:2-3:

“He makes me lie down in green pastures, He leads me beside quiet waters, He refreshes my soul.”

I forgot for a moment that I was human! Sometimes, I push too hard and travel too much! Then, we have to “shut down” occasionally and get quiet so we can hear the Lord speak and be restored.

So dear friends, a new month is here, and with it:

- A new man
- A new perspective
- And a joyful heart

Many thanks to those of you that prayed for me; I felt your prayers and I am grateful.

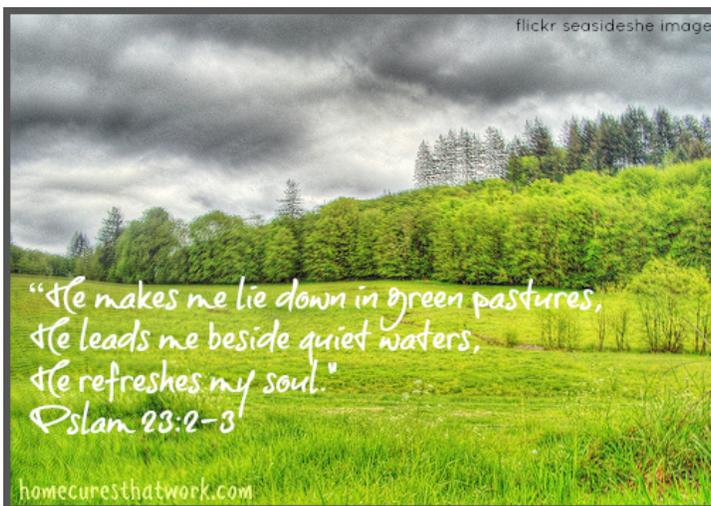
## SuperFood vs. Super Competition

With that being said, lets dive into this month's topic: "Superfoods!" Those of you who have been health conscious for a while are certainly aware that there is a "super cala fragilistic expialidocious" food, supplement or exercise program that becomes the new rave every month. With popular television programs like "The Dr. Oz Show," new products are introduced daily.

While I am ecstatic over the fact that Americans are becoming health conscious and are taking personal responsibility over their own health and wellbeing, I also want to mention that we must also be cognisant of the fact that supplement companies *pay* celebrities to feature their products. They also employ *sexy* marketing — and even misleading statements — to sell new products.

For example, next time you visit your favorite health and nutrition shop, count how many different brands of omega-3 oils you find on the shelf. The "warehouse" sized depot that I frequent has over 20 brands of salmon oil alone!

The supplement "reps" do their best, even paying the proprietor for line of sight placement of their brands and dish out even more cash for "end cap" displays. All I am simply saying here is the health and nutrition industry is like any other industry; they exist to make money and the competition is fierce.



In the 60s and 70s, most consumers thought supplements were neigh unto "snake oil." Water distillers, champion juicers, brewers yeast, lecithin, wheat germ, vitamin E, and multi-vitamins were the new wave of the nutritional world, while the packaging was unattractive almost medicinal in nature. Today, we have thousands of products on the shelves with eye-popping vibrant packaging. But, you really have to be educated about supplements to choose what is right for you.

Again, I want to be very careful not to discourage anyone from pursuing abundant health using supplements and eating the cleanest organic foods, vegetables and grains available. I just want you to be aware that terms like "cutting edge," "breakthrough" or "super" need to be investigated and ultimately substantiated. And with this month's topic being, "Superfoods," we might just need a good definition of the term!

- The definition of the word "super" means: Very large or powerful, excellent, far above.

- The definition of the word “food” means: Any nutritious substance that people or animals eat or drink, or that plants absorb, in order to maintain life and growth.

Now to be honest, I certainly consume my fair share of blueberries, Goji berries, seabuckthorn berries, acai berries, amaranth, quinoa, flaxseed, deep-sea plankton, nopal cactus, tart cherry and a plethora of other “Superfoods.”

## Divine Nutrition....The Big Picture

I would like to share a quote from Marc David, founder of The Institute for the Psychology of Eating.

“Spirituality is the antidote to our sometimes religious obsession with food and weight. We can be so enamored with nutrition, longevity, and optimum eating that we forget to enjoy life, celebrate what we have, and love what is! We can get so caught up in cleansing, going 100% raw, perfectly vegan, or have fat free abs, that we lose sight of who we really are and what we are doing on planet earth in the first place. We need a bigger picture. What good is a healthy body if we suck at relationships, if we don’t contribute to humanity, if we avoid maturing emotionally, and if we forget to continuously update our spiritual software? Spirituality IS the new Superfood. You can quote me on that.” (1)

Obviously, I just did!

It is so easy to get hypnotized when you major on the minor. Life is far more than food...isn’t it?

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. IS NOT LIFE MORE IMPORTANT THAN FOOD, and the body more important than clothes?” Matthew 6:25

We are triune beings comprised of body, soul and spirit. Think of yourself as a triangle with the spirit as your foundation with one side as your soul and the other as your body. If the only *side* you nurture is your body, then you will be quite one-dimensional or one sided. Jesus taught us to be *balanced* – or three-dimensional (3D) – giving attention to our soul and, most importantly, our spirit!

The soul is the thought, will and emotions of man. It is the epicenter of your personality and the umpire of your spiritual life, Look at these words in 3<sup>rd</sup> John 1:2

“Beloved, I wish above ALL things that you may prosper and be in good health as your soul prospers.”

This is what Marc David’s quote highlighted when he mentions that we can get so caught up in taking care of the body that we lose sight of who we REALLY are and what we are doing on planet earth in the first place. WE NEED A BIGGER PICTURE.

If my earlier working definition of “Superfood” holds true, “Very large or powerful, excellent, far above nutritious substance that people or animals eat or drink, or that plants absorb in order to maintain life and growth,” then I think you will agree that perhaps a blueberry pales in comparison to the One that created all things!

“For they did not believe in God or trust in His deliverance. Yet He gave a command to the skies above and opened the doors of the heavens, He rained down manna for the people to eat, He gave them the grain of Heaven. Men ate the bread of angels He sent them all the food they could eat.”  
Psalm 78:22-25

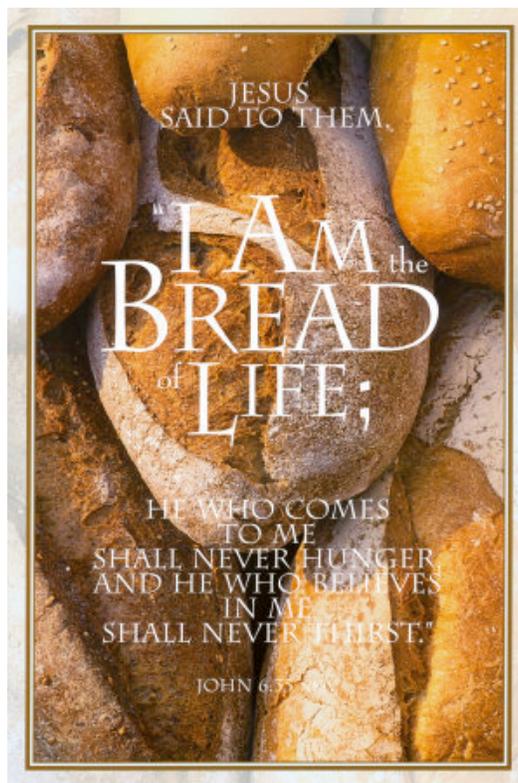
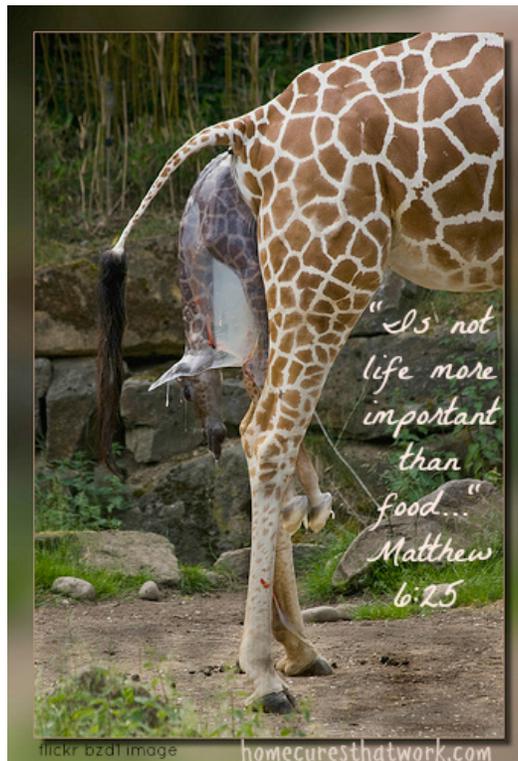
“Then he (Elijah) lay down under the tree and fell asleep. All at once an angel touched him and said, ‘Get up and eat.’ He looked around, and there by his head was a cake of bread (manna) baked over hot coals, and a jar of water. He ate and drank and then lay down again. The angel of the Lord came back a second time and touched him and said, ‘Get up and eat, for the journey is too much for you.’” 1 Kings 19:5-8

Elijah got up and ate and drank. Strengthened BY THAT FOOD, he traveled 40 days and 40 nights until he reached Horeb, the mountain of God. Superfood?

Friends, would we consider what is available today as “Superfood” when one manna cake baked by an angel could empower a man for 40 days and 40 nights??? BTW, that may be where “Angel Food cake” got its name! LOL!

Seriously, the Creator should never be defined by his creation... God is preeminent...He is before ALL THINGS. After He sent manna from Heaven to feed His people in the Old Testament, He sent the Bread of Heaven to earth to — not only feed mankind but to — save them! Who is this Bread from Heaven?

“Jesus said to them, ‘I tell you the truth, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from Heaven. For the bread of God IS HE who comes down from Heaven and gives life to the world.’ ‘Sir’ they said, ‘from now on give us this bread.’ Then Jesus declared, ‘I AM the bread of life. He who comes to me will NEVER go hungry, and he who believes in Me will NEVER be thirsty.’” John 6:32-35



Dear reader, I have eaten in some of the finest restaurants in the world, gorged myself with the latest and greatest “Superfoods” available, yet nothing of this world possessed the nutritional value to transform my life and make me the man I am today... That SUPERNATURAL feat could only be accomplished by the true and living Superfood, the Bread of Life, Jesus Christ!

Jesus, the consummate host, has set a banquet table before us that is unrivaled in splendor or sacrifice:

“While they were eating, Jesus took bread, gave thanks and broke it, and gave it to His disciples, saying, ‘Take and eat, this IS my body.’ Then He took the cup, gave thanks and offered it to them, saying, ‘Drink from it, all of you. This is My blood of the covenant, which is poured out for many for the forgiveness of sins.’” Matthew 26:26-28

The table I speak of is the table of communion or “common union” where all may come and dine.

Is it truly “*Superfood*” you seek today friend?

Remember the words of Isaiah,

“Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me that your soul may live.” Isaiah 55:2-4

There is ALWAYS an empty chair at the Lord’s table and it is my prayer that you will take this invitation to sit with Him today.

As always, it is an honor (and a great responsibility) to share my heart with you.

References:

(1) <http://psychologyofeating.com/unexpected-super-foods/>

---



Michael Tyrrell is founder of the Network Center Inc., a not-for-profit, an 501(c)(3) organization which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries.

Michael is committed to training to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician.

[www.michaeltyrrell.com](http://www.michaeltyrrell.com)



## The Forgotten Ingredients of the Mediterranean Diet

By Rob Leighton

Research spanning over four decades has shown that a traditional Mediterranean diet *sharply* reduces many health risks. People following this style of eating have:

- Lower levels of heart attacks
- Lower risks for diabetes and cancer
- Reduced forms of dementia, and even Alzheimer's

You may associate the Mediterranean diet with extra virgin olive oil and red wine, but it is far more. It is the way the people of this region eat, beginning at breakfast and ending with the last bite taken each day.

- Vegetables, fruits and grains serve as the dietary foundation.
- Beverages, particularly tea, coffee or wine, provide other health-full nutrients.
- Red meat, dairy and eggs, seafood and poultry are added to this foundation to make some meals more delicious and the weekly meal plan more interesting.

But let me tell you about the forgotten ingredients of the Mediterranean diet. It's blended spice and herb.

The benefits of spices extend beyond great flavor. Spices and herbs are Mother Nature's most potent forms antioxidant compounds.

- Cinnamon, thyme, turmeric and oregano, for instance, deliver 20x more antioxidant power than blackberries or blueberries.
- Rosemary provides more than 15x the antioxidant power of cranberries.

This list goes on, but here is the challenge. Many modern cooks simply do not understand how to use spices and herbs, each and every day – breakfast, lunch and dinner. This is a lost opportunity to support long term, vibrant living while elevating the pleasure of eating. Let me show you how to harness the power of spice blends for the best disease-fighting nutrients available.

## **Antioxidants: What Do They Do?**

So, what do antioxidants do? There is lots of chemistry here, but what's important to understand is that our bodies' naturally create oxidized compounds. These oxidized compounds are by-product of generating energy within every cell in our bodies. Left uncontrolled, they cause damage, contributing to heart disease, cancer and even aging itself.

Smoking and pollution increase the levels of these harmful compounds. We are also eating more foods that deliver the harmful compounds, like deep fried foods and flame-broiled meats. When plain meat is cooked, lots of harmful, oxidized compounds are created. When the meat is marinated with herbs and spices, or cooked with herbs and spice (like you might in a stew), the levels of harmful compounds created are sharply reduced. You see, herb and spice antioxidants are already working before you put the food in your mouth!

Similarly, when oils and fats are heated – even the health-full omega-3 oils – oxidized compounds are a by-product of high temperatures. Again, herbs and spices are the natural neutralizers and actually enhance the your body's ability to absorb nutrients.

Now, here is what we also know. Different antioxidants work to support your health in different parts of the body. For example,

1. Cinnamon supports healthier blood sugar levels.
2. Cocoa supports a healthier cardiovascular system.
3. Turmeric contributes to healthy brain function.

A leading spice in curries, turmeric intake may help explain the low rate of Alzheimer's disease in India. Among people aged 70 to 79, the rate is less than one-quarter that of the United States. Turmeric also is widely used in North African cooking, a Mediterranean cuisine.

### ***Globalization – Driven by the Spice Trade***

World trade has been defined by the spice trade. **Cinnamon**, imported from Southeast Asia, can be found referenced in the Old Testament and in Egyptian documents dating to 2000 BCE. Spices initially came to the Mediterranean via overland trading routes and then by ship sailing around the Horn of Africa. The search for alternative trade routes led Columbus to venture west to the Americas.

Here is the key! Study after study is proving that the power of these plant-based nutrients is made many times more effective when they are used together. That is exactly what spice and herb blends do. They deliver multiple types of antioxidant compound.

And here is the tragedy. Most people cooking in the home today do not know how to use herbs and spices in ways that can really support health.

## Spicing the Mediterranean Way

When I am cooking, I am not simply looking to create a healthy recipe, I am looking to create a healthy meal!

I may have one very delicious recipe that is far from healthy, but I surround it with other dishes that bring a healthy balance to the meal. The meal itself is healthy; the one indulgence adds deliciousness. A Mediterranean diet builds on this philosophy.

Many Americans take the opposite view. They approach the meal with the view that one healthy dish, perhaps a side salad, is sufficient to make an unhealthy meal, healthy.

This is a daily eating mindset. For example, start in the morning with a healthy bowl of oatmeal. Move through the day with a salad at lunch and a few health snacks. Arrive at dinner believing the right to splurge has been earned – pizza and coke, fettuccine Alfredo, mac and cheese, steak and potatoes (with butter and sour cream), or sushi with lots soy sauce and white, sweetened rice.

But remember, a Mediterranean diet defines how one eats from the first bite in the morning to the last bite at night. It certainly makes room for all forms of delicious foods, but it keeps the right balance – at every healthy meal.

As I take my clients on a journey toward healthier eating, I take a similar view of spice and herbs. These flavorful ingredients are not something we look to add to a few recipes each week. We find ways to enjoy these ingredients throughout the day.

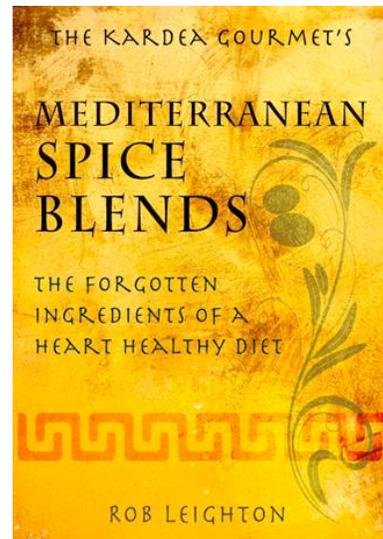
My commitment to spice has had another benefits, as well. It has helped me and my clients break free of eating habits that push up cholesterol, blood pressure and inflammation levels, while adding pounds to the waistline. A commitment to spicing will help you find new and delicious ways to satisfy the love of food, healthfully.



I wrote [\*Mediterranean Spice Blends: The Forgotten Ingredients of a Heart Healthy Diet\*](#), to help my clients create healthier and tastier foods with spice blends. We start with 5 different spice blends, delivering 25 different natural herbs and spices (how's that for a multivitamin!). No salt, no sugar and no MSG. At least five different recipes are provided for each spice blend. In the book you will find recipes for appetizers, soups, vegetables, whole grains, chicken, fish and even dessert and breakfast.

Here are some of the recipes that you will find in the e-book:

- Roasted Spiced Salmon
- Marinate Chicken Kabobs
- North African Spiced Sweet Potatoes
- Strawberry Rhubarb Cobbler
- Spice Bean Salad
- Brown Rice Pilaf with Onions & Lentils
- Barley Pilaf with Smoked Paprika, Hot Pepper & Sweet Spice
- Artichoke, Red Pepper Pizza
- Brussels Sprouts, White Beans, Pasta & Pine Nuts
- Apricot Lentil Soup
- Spiced Poached Pears
- Dark Chocolate Truffles with Cinnamon and Cocoa



## Another Mediterranean Diet Secret – Start the Meal Right

In Mediterranean-style eating, the meal often will start with medley of vegetable dishes. A variety of fresh, marinated, grilled or roasted vegetable recipes is prepared. Each is seasoned differently. Two, three, four or more may be served.

- In Italy, these dishes are part of the antipasto.
- In Phoenicia (modern day Israeli, Lebanon and Syria) and North Africa, these salads are part of the mezza.
- In Spain, these are part of the tapas tradition.

Together, they deliver a highly satisfying course – and you may well find yourself filling-up on health-full foods.

These dishes also have a great place in busy life. Many can be made ahead of time and stored for a few days.

Here's another benefit! Great chefs all over the world are showing how spice blends cut the need for salt. Spice, herbs and spice blends impart the more intense flavor that meats, grains and vegetables often lack. Salt does enhance subtler flavors of blander foods – spices and herbs can be used instead to add flavor intensity, especially when blended with acidic ingredients, like vinegars, wines and lemon. Many of the recipes I've put together combine these power house ingredients in marinades and sauces.



Rob is known as a food passionisto and life's magic moments occur over meals with family and friends. He happily wanders the aisles of gourmet food stores, farmers' markets and ethnic delicatessens, preferring to end the day with a good

cookbook. Rob brings a career as an executive in food and nutrition to reduce his cholesterol levels to the point where no medications are necessary. He wrote *The Kardea Gourmet, Smart & Delicious Eating for a Healthy Heart*, with Mayo Clinic-trained cardiologist, Dr. Richard Collins, also known as the [Cooking Cardiologist](#). Rob is the founder of [Kardea Nutrition](#). Kardea, which means heart in Greek, combines a love food with a deep knowledge on how to use the best natural solutions to support heart health.

In Mediterranean Spice Blends, you will find great recipes to get you started, and I send all my readers more recipes to keep every healthy meal interesting and delicious.

So discover how to use the forgotten ingredients from one of the world's healthiest diet, in [\*Mediterranean Spice Blends: The Forgotten Ingredients of a Heart Healthy Diet.\*](#)

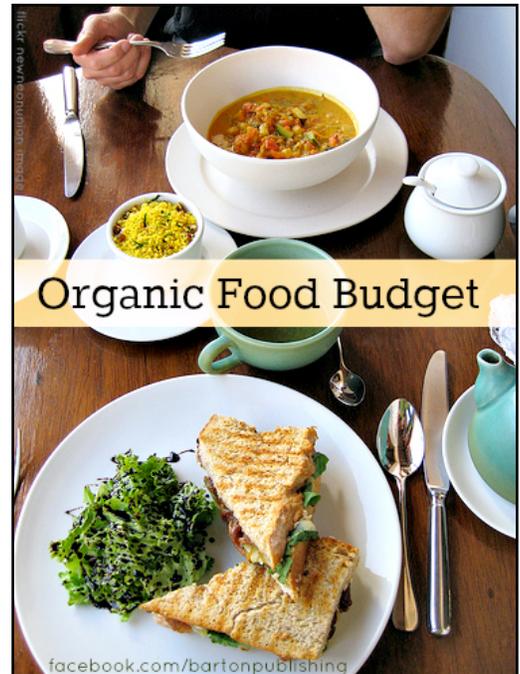
---

## Organic Food Budget

Without question, the easiest way to save money in the kitchen is cooking from scratch. Thankfully, I enjoy it, so I'd definitely never drop it! I tried couponing and trying to save money, but I ate more processed convenience foods in one year than in my entire life —just because it was “free.” I realized free wasn't worth it. But, cooking from scratch is. I would much rather spend the time in the kitchen at home than in the stores and on the net trying to find deals.

However, even with cooking from scratch, I'm having a hard time keeping the grocery budget under control with rising prices and expanding appetites.

My goal is to list all the real food practices and foods that you really should be eating and divide them into those that will save money over a conventional diet and those where you must spend more to get more, like organic food or superfoods.



### Here is Where you Save

#### **Homemade chicken or beef stock.**

Homemade broth is highly nutritious, boosts immune system function and can help relieve symptoms of a long list of common ailments. Real broth is one of the main components of [the GAPS diet because of its gut healing properties.](#) The homemade goodness of real broth is very easy to achieve and economical to make at home.

Making beef stock is pretty straightforward. I used a simple recipe as a guide, but basically all you have to do is roast some beef bones in a crockpot and then simmer them for a loooooong time until all the marrow and **meat** scraps are falling off the bone. You can add some veggies and spices for added flavor to make a broth if you'd like.

#### **Buy in bulk.**

If you want to save more money in your pocket, buy food in bulk and divide the order with others. Staples such as organic brown rice or oatmeal (even spices) are great to order and split with friends.

Check out [Azure Standard](#). It's a virtual "whole foods" store at incredible prices. You can find anything from grain to meat to sunscreen. Azure has drop-off locations through out the US. Place your order online (they also have a catalog) and once a month, meet at a specific spot. A large truck pulls up and the driver hands you your goods.

Sometimes, you really need to get to know the right people. Try a local farmer's market, chat up your farmer, or strike up foodie conversations at church. In no time at all, you'll gather around you a list (keep their emails!) of people with whom you might find deals.

Also, you can sign up for "Subscribe and Save" through Amazon, which enables you to order products at a discount and get free shipping. This is great for organic, unprocessed sweeteners!

### **Picking and freezing your own fruit.**

Every list of superfoods includes berries, particularly blueberries. They have multiple benefits including weight maintenance, disease prevention and contributions to longevity. Another of their greatest benefits is that they are combat inflammation which contributes to all chronic diseases.

Berries are high in fiber, low in fat and have no cholesterol, which also lowers your risk of heart disease. Other health benefits include promotion of gastrointestinal health, protection against macular degeneration, and berries may reduce the effects of age-related conditions such as Alzheimer's disease.

If you're not growing your own berries, which very few people are, you stand to save a bundle by visiting your local U-Pick fruit farms. In case you are not familiar, u-pick farms provide you an opportunity to pick their fruit at prices highly discounted from normal grocery produce prices. To find out where you can pick blueberries or other fresh fruits, an on-line website called [Pick Your Own](#) lists U-Pick farms throughout the States.

Once you've picked your fresh berries, wash and drain them, then remove damaged berries. To reap the benefits of berries throughout the year, place the washed and dried berries in a zip-lock bag and store them in the freezer.

Remember that an apple, even a conventionally grown one, is always better than a jar of applesauce with X chemical on sale with a coupon.

### **Beans.**

No surprise here. You probably already know about this great food buy. Dry beans are easy to cook in a slow cooker and can be used in just about anything. One pound of beans generally makes the equivalent of about 4 cans.

Beans are great for stretching out a meal. Soups, pastas, and many Mexican dishes can be almost doubled with a wide variety of beans. As a kid, my mom always made beef tacos with beans and potatoes in the mix. I thought this was "normal" but later realized she was stretching her dollar.

If you have any leftover they also freeze well. Plus, the canned variety won't break the bank either.

## This is Where you Spend

There's no getting around it — high quality animal food products always cost more, as does organic produce. It's a bummer, but you can still balance the budget while eating well if you focus on spending more here.

### Coconut Oil

Here is a short list of why I love coconut oil so much:

- Has antiviral, antibacterial, antimicrobial properties (can kill colds and viruses). I like to make my own toothpaste with coconut oil!
- [Fights yeast infections/Candida](#)
- Contains lauric acid, which:
  - Reduces the symptoms of Alzheimer's sufferers
  - Inhibits cancer growth
  - Promotes heart health
- Has medium-chained triglycerides, which is great for energy and metabolism, as well as your cholesterol levels!
- Promotes strong bones

Use coconut oil as a buttery spread on toast, in soups and smoothies, or as a nourishing skin creme.

Make sure you choose an organic coconut oil that is unrefined, unbleached, made without heat processing or chemicals, and does not contain genetically modified ingredients. Try buying in bulk for a better price point.

### Free Range Eggs

Personally, eggs are one of my top 10 superfoods. They are one of the highest quality proteins you can find. They may get a bad rap, but the truth is they are a great source of essential amino acids, a perfect protein building block for lean muscles, maintenance and repair of your body tissues such as your skin and internal organs. But, there's not much you can do about the price of free-range eggs. I console myself that eggs are super healthy and pound for pound generally cost less than meat.

For on-farm pickup, eggs are available year round. Check out [Eatwild.com](#) to find local stores, restaurants, and markets that feature grassfed products (eggs, dairy and meat - see below).

### Grassfed meat

I'm not a poor college student any more, but putting myself in debt for organic, grassfed meat is a questionable habit. However, I do care about my health. No amount of money saved is worth consuming antibiotics, chemicals, and whole host of other questionable ingredients. I try to buy grassfed beef because there is definitely a difference nutritionally and in taste. The difference may just help you and me look better, feel better and perform better later in life.

I pool together with my friends to buy a cow from a local farmer here. Some farmers, I've heard, even store the beef for you so you don't have to buy a chest freezer. Our cost for grassfed organic meat tends to be about \$5/lb.

Check out [Eat Wild](#) to find an organic farm selling grassfed meat near you.

## Organic produce

My biggest splurge would be buying organic produce. I like to think that my money is doing more good for my health when I put it towards organic fruits and vegetables.

If you have budget constraints, choosing wisely is important to maximize getting what you pay for. A good rule of thumb is to buy organic fruits and vegetables that have skins (like apples) because they absorb most pesticides and herbicides.

Also, try to stick to the Dirty Dozen/Clean Fifteen list. I don't worry as much about conventional broccoli, cauliflower or avocados, but when it comes to apples and greens, I splurge a little. Because right now in America, going totally organic is pricey, here is the list of the Dirty Dozen and Clean Fifteen from the Environmental Working Group to help you minimize your exposure to chemical residue on your produce: <http://www.ewg.org/foodnews/summary.php>

If you become a member of a co-op or CSA, then you can get a box of fresh, all organic produce for a fraction of what you'd pay at the store. Check [Local Harvest](#) for a CSA near you.

Frankly, I want to prioritize the overall quality of all my food.

Let me make one simple statement. Buy whole foods. Why pay for cardboard boxes and plastic with prepackaged foods when you can use that money to buy actual food!

We all know it takes wisdom to help balance care for your health and your budget, while trying not to spend forever in the kitchen. Finding affordable sources for excellent ingredients will help. You can turn the couponing ship around and live a more natural life without filing for bankruptcy after shopping for groceries! [Make real super food a budget priority](#). Spend some time cooking and meal planning, and you can eat almost exclusively whole foods and even good, real well-grown food.

---

Disclaimer: The advice in this book is intended to supplement, not replace, the advice of a trained health professional. Consult your physician before beginning an exercise program, modifying your diet or altering medications. The publisher and author specifically disclaim any loss, risk or liability, which is incurred as a consequence of the use of information in this report.



Scan our QR code to get more information from Home Cures That Work

**Copyright © 2013 Home Cures That Work**