



How Enjoying Food Makes You Healthier

Optimize Your Gut Flora with Healthy Bacteria

UPDATED Greens and Whole Food Powder Review

Do THIS When You Can't Stop Thinking About Food

Home Cures That Work

AUTHORS



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The brain is a powerful thing. A huge part of the mechanism of digestion is in response to signals sent by the brain. When you like the way your food tastes, your brain is much more eager to send those messages to digest.

Woah. Maybe the best diet is the one where you actually enjoy all the food your body needs. Wild idea, isn't it? But Dr. Saunders explains why it is important not just to EAT your food, but to enjoy it.

Your body is smart. When someone suggest you should "go with your gut" – they may be more right than you probably realize. Being aware of our thoughts and emotions is one thing, but being aware of what's happening in our stomachs brings a whole other layer to our awareness. The wellness of both your body and your brain depend on your gut health. Fiber and fermented foods are a key component of a diet that fuels health. Here's how it works in a nutshell.

Not everyone can always have a perfect diet. Yet it is still possible to experience optimal nutrition content when you rotate various green and whole superfood powders into your diet. Not all green powders are created equal, so we've picked some of our favorite tested and approved superfood powders that contain a variety micronutrients to pack a big nutritional punch in a single serving.

And when the voice in your head won't shut up about eating the wrong foods, gain back the power these expert tips on how to stop thinking about food.

Transform your relationship with food this month by focusing on the how and why of eating. Ultimately, this means we have a better chance of understanding what foods nourish us and what foods help us stay healthy while also encouraging a deeper appreciation of every meal, every mouthful, and every ingredient.

For your health,

Cheryl Ravey
Editor, Home Cures That Work



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While we tend to believe that you have to choose between enjoyment and health when it comes to eating, there is a slew of evidence that eating-related pleasure, satisfaction and enjoyment are important components of a healthy diet.



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Supplement your daily vegetable intake with one of these 2019 top rated green and whole food powders.

A woman with dark hair, wearing a white sweater and a hoop earring, is seen from the side, looking towards a potted plant with vibrant red flowers and green leaves. The background is a blurred wooden lattice with gold-colored accents.

HOW ENJOYING YOUR FOOD MAKES YOU HEALTHIER

by Dr. Scott Saunders, M.D.



Jack was on a detox program for 6 weeks. During this time, he was counseled to stop eating at a local fast-food restaurant. He didn't think that was possible because of his schedule. You see, he had two jobs and he would finish one and go straight to the other, stopping for a hamburger on the way. He said he liked his hamburgers; it was the only food he enjoyed all day.

The nutritionist then recommended that he stop and take some time to enjoy the food. The challenge was to not eat it while he was driving. He decided he could do this, so he picked up the hamburger and drove to a quiet spot nearby and focused on the food. As he ate it, he realized that he didn't even like the hamburger! It was not an enjoyable experience, so he quit eating hamburgers altogether and finished the detox program with great results! An interesting result is that he no longer eats fast-food at all. Jack takes time to eat, enjoying every bite, and has found that healthy food is much more enjoyable for him. Food is so much more than nutrition. Food is taste. Food is texture. Food is pleasure. Food enlivens not just the body, but the soul. Food is life! The last few decades has proven there is plenty of food for all. In fact, there is too much that we don't appreciate all the wonders of food. Those of us who never feel real hunger don't know how wonderful food can be. We eat to be filled...and then eat more for taste. We mostly only consider food to be for taste, texture, or to fill our need. There are a lot of good reasons for us to stop and enjoy our food, take pleasure from every bite and focus on what we are eating.

How the Nervous and Digestion Systems Work Together

Many people feel stress in their “stomach.” When they are stressed or anxious, they get stomach aches, bloating, gas, acid reflux, and irritable bowel syndrome. These symptoms indicate the digestion is not working properly. Stress not only causes upset digestive symptoms, but stress negatively affects our health by:

- Decreasing nutrient absorption
- Causing cravings
- Causing obesity, diabetes, and cancer
- Allowing “bad” bacteria to grow in the colon which can lead to depression and anxiety

The autonomic nervous system controls everything in the body, such as temperature, circulation, digestion, immunity, and so forth. But we have two opposing sides of the autonomic nervous systems in our bodies:

- Sympathetic (the source where worry, fear, and stress lie in wait)
- Parasympathetic (produces the calm that allows your body to repair itself)

Digestion of food can vary widely depending on which side of your nervous system is active. If we eat under stress, whether emotional, mental, or physical, then our digestion is poor. The sympathetic nervous system directs blood away from our digestive tract, which slows down digestion. The body may react to this with constipation, diarrhea, or bloating.

However, when we have an active parasympathetic system, it increases the blood flow directly to our digest system. Your salivary gland is stimulated, increasing the enzymes that aid in the initial chemical process of digestion. As a result, we get more nutrients, and have fewer digestive problems. Eating in a relaxed state is essential to food and nutrient absorption. How your nervous system affects your digestive system can be summarized with the following.

SYMPATHETIC DIGESTION (STRESSED AND ANXIOUS)

- Slow intestines cause indigestion, gas, bloating, and irritable bowel syndrome
- Low acid makes it difficult to digest proteins causing indigestion

- Valves don't work, causing acid reflux
- Insulin resistance causes poor sugar use and leads to diabetes
- Poor fat energy causes obesity
- Carbohydrate craving cause obesity and fatigue

PARASYMPATHETIC DIGESTION (RELAXED AND HAPPY)

- Food moves through the intestines normally helping absorption of nutrients
- Digestive acid and enzymes improve digestion
- The intestines clean out after a meal preventing gas and bloating
- Energy production is normal allowing the body to use fat and sugar for energy

The bottom line is: if you are eating while overloaded with stimuli and under stress, your body doesn't know that it's supposed to be digesting. So if we aren't paying attention to food before we begin to eat, if we are not fully aware of what and when we are eating, it stands to reason that we are not provoking the full beneficial digestive response.

Full Sensory Enjoyment of Food

Many years ago, my girlfriend and I travelled to London to visit her family. She was from Iran and they continued to eat their traditional way, so it was different than any food I was accustomed to eating. They had a tray with food in the middle of the table and there was no silverware. They explained that where they come from food is a complete sensory experience. They use their fingers to form the food into a ball and then eat it. They see it, hear it, smell it, touch it, and taste it. They take plenty of time to enjoy the meal and the company. The food isn't just incidental to the dinner conversation but is an integral part where all share the same food.

In this same way you can take pleasure in your food. Making your meals into a sensory experience allows you to activate the parasympathetic nervous system. Mindful eating improves

digestion and absorption, as well as prevent many intestinal problems such as indigestion and acid reflux.[1]

For example, I thought I wouldn't enjoy drinking green smoothies. But when I took the time to sit down and slowly drink my smoothie, I discovered a couple of things. The bitter taste was gone after a few sips and I could begin to taste the different ingredients, and appreciate the flavors as they blended together. I don't just plug my nose and gulp it down anymore. I take time to taste it, "chew" it, and feel the smoothie going down. I make more saliva, and I'm sure to get more nutrition out of it! But, most of all, I enjoy it; it's something I look forward to eating.

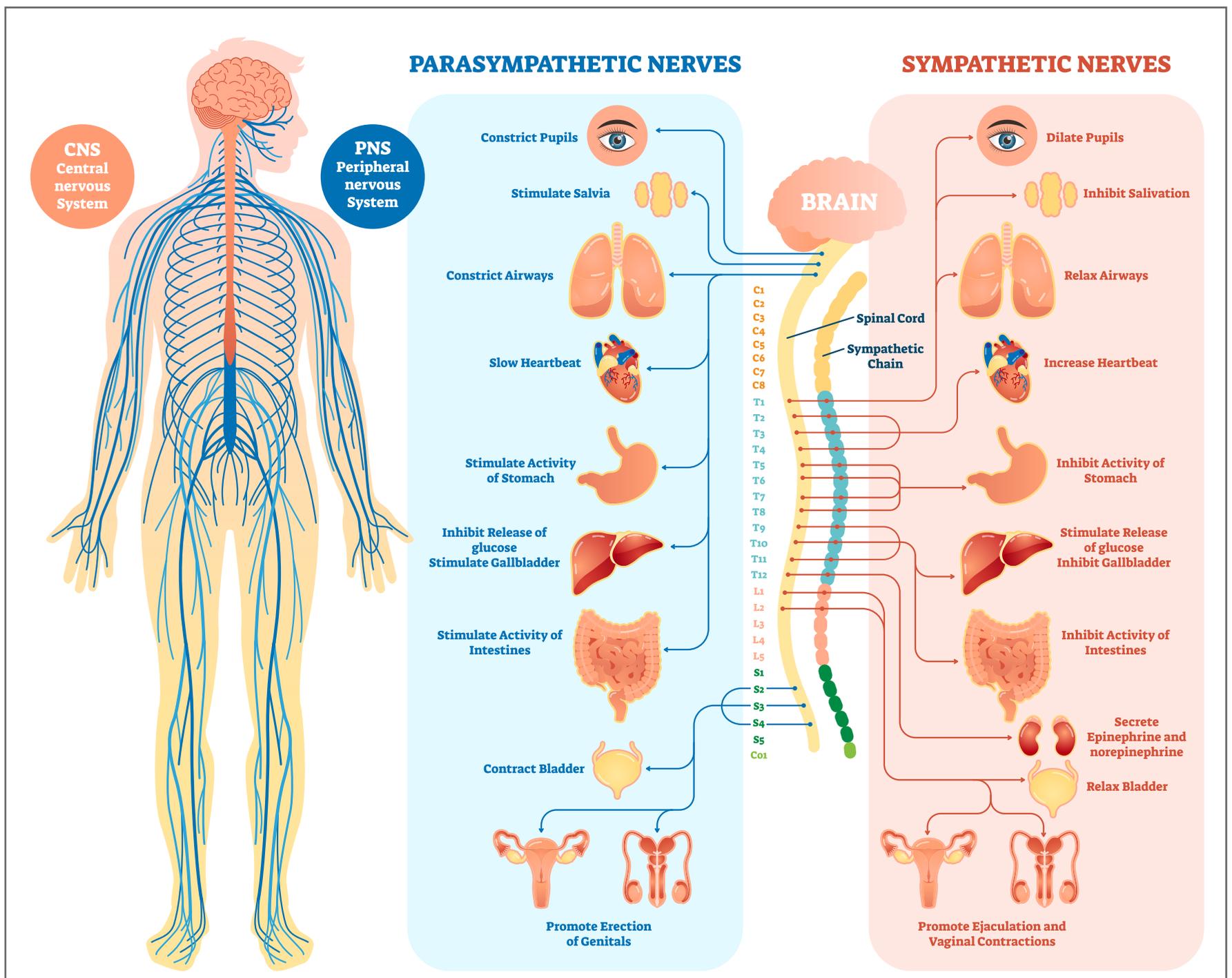
When you take time to experience your food through all your senses; taste, smell, sight, sound and touch and the feel of the food, you are likely to be truly nourished.

Why Focus on Food

In a society that values multi-tasking, we easily get distracted by other things while we eat. Because we can eat mindlessly, we often do. We eat while we talk at parties. We cook TV dinners and eat while watching a show. We eat at the sports arenas. We eat at movie theaters. We eat while driving. All these other activities prevent us from being mindful of our food. The food is almost secondary but ends up creating problems. When we eat mindlessly, we don't remember what we eat, nor do we keep track of how much we eat.[2]

When we focus on food, we eat better food, and need less of it. In one study, those who ate mindfully:

- Ate slower
- Ate less



- Ate fewer snacks
- Felt more satisfied[3]

The point of eating is not to feel full, but rather to feel satisfied. Have you ever had the experience of feeling full but not satisfied? This comes from mindless eating. When we experience our food without being distracted, we can feel satisfied without being full. This helps the stomach to digest our food better.[4] Being mindful of every bite of food improves digestion, absorption, and use of nutrients, and allows you to really take pleasure in eating.

Good for the Soul Food

Food that feeds your soul is not just good tasting or convenient, it nourishes. You can put your whole heart into foods that your body is hungry for, that feeds your need for nourishment as well as your need for taste and pleasure. You won't find any of these on a "Food Pyramid Guide" or in a recipe book. These are individual decisions based on personal tastes and needs. You must be aware of your body, how you feel, and how foods make you feel in order to know what your "soul foods" are.

I have found that fruit fills my soul like no candy can. I can crave sugar and have raisins, or an apple, and feel great, whereas having a donut makes me feel blah afterwards. Some want raw foods, while others prefer everything cooked. Some need vegan, others need meat. Finding the foods that feed your spirit as well as your body is part of our path in life. When we know this, we can take great pleasure in our food.

6 Tips To Get the Most Out of Enjoying Your Food

1. Don't rush

If you have a short time, then take a small amount of food and enjoy all of it. If you make more time, then you can have more, and savor every bite

2. Be mindful

Being aware of your food, the smell, the texture, and taste helps you digest well and absorb more nutrients.

3. Don't do anything else

When you eat, just eat. Focus on the food. Don't eat snacks while you watch a movie or television. Don't drive and eat. Don't eat at your desk at work. You don't have to be alone, but even when you are with others, remember to enjoy every aspect of the food you're eating.

4. Love your food

Don't just eat junk food or snacks because they are convenient. Find things you can really enjoy, to your heart and soul. Those things you know will nourish your body and make you feel good even after you've finished eating.

5. Don't eat between meals

Eating on an empty stomach allows your digestive juices to flow freely. The smell of food stimulates appetite. You make more saliva, enzymes, stomach acid, and other juices to aid digestion.

6. Fast periodically

Fasting for at least 24 hours one or more times per month will reset the digestive system. It allows you to be appropriately hungry and be able to enjoy your food more. Break the fast with your favorite food to add to your pleasure.

Food is such an important part of our daily lives, it's essential that we take it seriously. Using these techniques will increase your enjoyment of food and at the same time will improve your health, allow you to be at your optimal weight, and prevent illness. The enjoyment is your choice, the rest are just the consequences of that choice.

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Optimize Your Gut Flora with Healthy Bacteria

by Rob Fischer

S What do autism, obesity, allergies, autoimmune diseases, fibromyalgia, depression, and acne all have in common? They all share a connection with healthy gut flora. [1] In fact, the medical profession has come to recognize that as the health of the gut goes, so goes the health of the body.

We expect problems like gas, bloating, constipation, diarrhea, and intestinal discomfort to stem from an unhealthy gut. But the gut, and especially the bacteria that comprise a healthy gut, provide our primary defense against diseases of all kinds.[2]

The Good, the Bad, and the Ugly

It sounds incredible, but our gut is home to more than 100 trillion bacteria representing over 400 known species.

Your gut is a veritable greenhouse!

The good bacteria perform a wide variety of functions crucial to our health. Good bacteria:[3],[4],[5]

Maintain normal gastrointestinal function

- Provide protection from infection

- Help regulate metabolism
- Comprise more than 75 percent of our immune system
- Strengthen the bowel wallImprove mineral and nutrient absorptionAid in the regulation of hormone production
- Promote brain health

Bad bacteria are also often present in the intestinal tract. These vermin create havoc in the gut by throwing off its healthy balance of flora and emitting harmful chemicals into our system. Some of the effects of bad bacteria are merely uncomfortable, producing cramping, diarrhea, constipation, yeast infections, etc.

Other bad bacteria such as salmonella and E. coli may be life-threatening.[6]

What Damages Healthy Gut Flora?

Many of us unwittingly damage our healthy gut flora by engaging in certain practices. Some of the ways we harm our healthy gut flora include:[7]

- Taking antibiotics—Antibiotics are necessary sometimes, but taking a course of antibiotics disturbs our gut in a way that requires deliberate action on our part to restore.



- Using other medications— Birth control pills, laxatives, and non-steroidal anti-inflammatory drugs like aspirin, ibuprofen, Motrin, Aleve, and Naprosyn all harm the good flora.
- Eating processed foods, fats, sugars, and simple carbs— These foods cause bacteria to produce endotoxins that our body reacts to as a threat, resulting in inflammation.
- Failing to eat foods high in natural fiber— such as fruits, vegetables, nuts, seeds, berries and other whole-food plant sources
- Chronic stress— Stress directly affects metabolic changes in the intestinal tract, often causing immediate discomfort and long-term effects.

Due to any or all of the above factors, when our gut flora gets out of synch our immune system has been compromised. Our body is now vulnerable to a wide variety of diseases and conditions that, as we saw earlier, we might not think to link to our gut. These could include problems as mundane as bloating to serious illnesses like epilepsy, arthritis or MS.[8]

Here are 5 Things You Can Do To Cultivate Healthy Flora in Your Gut

Avoid things that harm healthy flora – This includes a diet high in sugar, simple carbs and fat. Avoid drugs such as: antibiotics(when possible), acid-blockers, anti-inflammatories, and too much alcohol.

Eat whole foods that contain natural fiber – Whole grains, fruits, vegetables, nuts, seeds, and berries fall into this category.

Eat fermented foods – Fermented foods go through the process of lacto-fermentation, in which bacteria feed on the sugar and starch and create lactic acid. The result is food rich in enzymes, B-vitamins, Omega-3 fatty acids, and a variety of probiotics. Foods like yogurt, sauerkraut, kefir, and kombucha. Fermented foods are the best resource for probiotics, but if you find you cannot eat these foods often enough, you may wish to supplement with a probiotic.

Test and treat for parasites – Parasites can cause significant issues in the gut resulting in gut flora being out of sorts.

Reduce stress – Stress negatively impacts the body through its release of cortisol and other stress chemicals that suppress the immune system and influence gastric secretions.[9],[10] [11]

More About Lacto-Fermentation



Lacto-fermentation is easy, inexpensive and requires few ingredients and tools to prepare at home. Vegetables are left whole, chopped, sliced or grated and placed in a brine solution at room temperature over a period of time. Natural bacteria in the air and on the vegetables do the work for you to provide delicious fermented foods that are packed with probiotics and keep for months.[12]

Would you ever think of making fermented ketchup? Ketchup has its roots in Southeast Asian kecap manis, which, as a sweet soy sauce-relative, is usually fermented to a certain degree. It definitely tastes more interesting than the store-bought stuff. This is a bare bones recipe, so you could add just about any spice or additional seasoning you'd like. Consider red pepper flakes, cayenne, or smoked paprika. This recipe is ridiculously easy to make and the lacto-ferment gives it a punch of gut-happy probiotics!

Fermented Ketchup

Ingredients:

- 2 cups tomato paste
- 1/4 cup raw honey (maple syrup or whole unrefined cane sugar)
- 1/4 cup plus 2 tbsp fresh whey* (divided)
- 2 tbsp raw apple cider vinegar (plus extra for thinning the ketchup, if desired)
- 1 tsp unrefined sea salt
- 1 tsp allspice
- 1/2 tsp ground cloves

Directions:

- Spoon tomato paste into a large mixing bowl and fold in raw honey or other natural sweetener of choice.
- Whisk in one-quarter cup fresh whey or vegetable starter culture into the sweetened tomato paste along with apple cider vinegar, sea salt, allspice and cloves. Continue whisking these ingredients together until the paste is smooth and uniform.
- Spoon the homemade ketchup into a mason jar, top with remaining two tablespoons fresh whey or vegetable starter culture, cover loosely with a cloth or lid and allow the ketchup to sit at room temperature, undisturbed, for three to five days.
- After three to five days, uncover the homemade ketchup and give it a thorough stir before transferring to the refrigerator.

Naturally fermented homemade ketchup will keep for several months in the refrigerator. Follow the simple recommendations outlined in this article to keep your gut flora healthy in order to maintain overall health.

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DO THIS WHEN YOU CAN'T STOP THINKING ABOUT FOOD



When you first fall in love, there is often no longer any space in your brain for anything but thoughts of that person. It is like an override switch is triggered and there is only room for one perpetual thought. Although this may seem like a good thing, the reality is, thinking about any one thing all the time can become frustrating, distracting and even compromise your health and wellbeing.

Take food for example: If you were to keep track, how many hours a day do you spend thinking about food? Either what you are going to eat, what you have eaten, what you would like to eat or any other related thought to food? Do you think about food when you are hungry and also when you are not hungry? Is the only time that you don't think about food when you are asleep?

If you answered yes to any of the above, it could be a sign that you are preoccupied with food. Sure, you may not think that you are preoccupied because you can still (sort of) engage in life's daily tasks, even seem involved in activities. However, if there is a constant hum in your head or a constant return to thoughts of food, it may be time to address the issue.

Perhaps you are struggling with a health issue such as obesity or diabetes. Unfortunately, being preoccupied with food can be a terrible thing. As our thoughts often drive our actions, the constant energy being used to conjure up mental images of food can interfere with your healthy life pursuit.

Dangers of constant thoughts of food

It has been said that our thoughts often drive our actions. If you have a tendency always to think about food, you may also have a tendency to act on that thought whether it is rational to do so or not. For instance, you may have just finished lunch an hour ago, but you are not thinking about food again. This thought may cause you to overeat at a time when your body doesn't really need food for fuel.

So, what are you to do if the majority of your thoughts center around food? It is not so simple as telling yourself to turn it off. Don't feel guilty if you have tried to override your compulsive thoughts but not been successful, you are not alone. The good news is that there are some positive steps you can take to banish your constant thoughts about food. Keep in mind that managing your thoughts is just like managing other things in your life, it takes time and effort and most of all, consistency.

Here are some things that you can try:

MENTAL DISTRACTIONS

There is nothing like a good ol' distraction to re-channel your thoughts. Being busy and being distracted means that your thought energy will have to fight for space. Although being distracted is not a longterm solution, it will help to diminish your controlling thoughts. Try things like playing solitaire, scrabble, word puzzles, etc... Anything that will pull valuable cognitive resources is a good choice.

SHARE YOUR THOUGHTS WITH A LOVED ONE OR FRIEND

Sometimes something so simple as sharing your thoughts with others can help release the burden that you have. Often, others can provide insight and support that will allow you to break free from your constant battle with food thoughts.

KEEP FOOD OUT OF SIGHT

Often the visual stimulus of looking at food is enough to trigger controlling thoughts about food. Keep your counters clear of food and your cupboards and fridge full of nourishing options such as fruits and veggies. If you share your space with someone who eats less than healthy, ask them to keep the food out of sight as well.

USE YOUR HANDS

Just as mental distractions can help chase away your focus on food so can being busy with your hands. Take up a hobby such as crochet, knitting, painting or even playing a musical instrument. Again, the idea here is that your neurons can only handle so much, and if you channel the energy in another direction there won't be much left for thoughts about food.

ASK YOURSELF IF YOU ARE FAMISHED OR JUST BORED?

Sometimes you may think about food when we are hungry, but other times you may think about food because you are bored. Take a few minutes to connect with yourself when thoughts of munching on your favorite snack enter your head. If you conclude that you are not hungry, just bored – find something purposeful to do. If you are truly hungry – have a healthy snack like some veggies and hummus.

BREATHE DEEPLY

Often just taking the time to center yourself and focus on your breathing can chase repetitive thoughts away. Take a deep breath in through your nose and slowly exhale through your mouth. Do this four or five times to switch your focus from food to breathing. Your body will feel revived and energized after this exercise.

DON'T USE FOOD AS A REWARD

To help shift your focus away from food be sure not to reward yourself with food. For instance, if you feel that you deserve a "treat" for some reason or another make it a habit to choose something other than food such as a pedicure or a new pair of shoes.

HELP SOMEONE

If you really want to shift the focus away from yourself, go out and help someone. Being engaged with people who are in need will rearrange your thoughts so that they are in line with what others need not with what you think that you need.

LISTEN TO CALMING MUSIC

Many times you may feel like the racing thought of food will never cease. Chase your thoughts away by listening to soft instrumental music. After a few songs you may find that the music has gently pushed your disturbing thoughts aside.

TALK TO YOURSELF

One of the best and most effective ways to banish unwanted thoughts is to face yourself in the mirror and have a little talk. Remind yourself that you are more than your thoughts and that your thoughts will not control you. Be grateful always and remind yourself that you will not think of food. Repeat this as many times as it takes to get the idea of food out of your head.

Healthy thinking is a habit

Contrary to what you might have heard, it takes about 66 days for something to become a habit. Don't give up on yourself too soon, but rather remind yourself that you can stop the thoughts. Keep defeatist thoughts away and remain confident that you can win the battle over your preoccupation with food. Don't worry about how long it may take but instead, put your energy into making it happen no matter how long it does take!



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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3889339/>



GREENS AND WHOLE FOOD POWDER REVIEW

MY FRIDGE IS NOT always full of leafy greens, fruits and veggies and my juicer and blender are NOT prominently displayed on the counter. If you are like me, I want to make life easy but still keep up with health habits. That's why drinking green and whole food powder is a tool to help you stay successful in the long run!

Green and whole food powders are one of the easiest ways to add nutrient-dense foods to your daily life and establish a solid foundation for well-being. They contain a variety of nutrients such as carotenoids, anti-oxidants, amino acids, enzymes, fiber, vitamin and minerals from plants – all which may have some healthful benefits. Chlorella, another ingredient found in green powders may help lower your cholesterol. Other ingredients found in green powders are leafy greens, grasses, herbs, mushrooms, extra fiber and nutritional extracts like green tea. Additionally, probiotics added to greens powders may support immune function and digestive health.

While not meant to be a substitute for whole vegetables, these powders may help increase energy levels, detoxify the body, improve digestion, alkalize the body and provide antioxidants to improve overall health and well-being.

It's a perfect way to kick your health into gear this spring.

There are many fabulous ways to get nourishing, plant-based foods into your diet. But how do you know which green and whole food powder is the best? Greens powders have been tested in a few small studies, but results can vary by brand and supplement formulation. We have uncovered the brands that have been tested by a third-party lab to ensure

quality, no heavy metal contamination (an unfortunate thing to consider) and label accuracy.

Of the many green and whole food powders tests, there was ONE that contained more than the acceptable amounts of lead. Whatever you do, do NOT buy Naturao Science Green Food – Berry Flavored. The amount of lead found is considerably higher than what is safe and should require a warning label on the product.

Now that the “bad” green powder is out, let’s get going with the good! Our top picks for Green and Whole Food Powders are:

- Amazing Grass® Green Superfood®, the Original
- Mercola® Organic Greens
- Garden of Life® Raw Organic Perfect Food®
- GNC Earth Genius™ Superfoods Supreme – Mixed Berry Natural Flavor

- Green Foods™ Nature’s Finest Green Magma® Organic & Raw Barley Grass Juice
- Nutrex Green Complete® Hawaiian Spirulina® Superfood Powder
- Vibrant Health® Green Vibrance®
- Whole Foods Market® Super Greens Energy Blend – Mix Berry Flavor

These are all delicious green powders available to you. My favorite from the list is Amazing Grass® Green Superfood® because it has a decent list of ingredients and a hefty nutrition panels. Plus, it ranks high on the affordable scale!

I’m a big booster of the nutritional buffet of green powder that includes digestive enzymes, probiotics, some added fiber and an antioxidant panel. All of these added up makes for some pretty comprehensive, well-rounded nutritional bragging rights.

A word to those who are new to the green smoothie world. You will definitely have to



combine your powder with some organic yogurt, fruits or juices. The grassy taste and gritty texture is pretty far from anything that a newbie can really handle. Once you have acquired a green smoothie taste, you’ll probably be fine with combining your powder with water.

No matter what stage of life we’re in, we all want to feel awesome. We want to meet our full potential as we sail through our days with balance and ease. But, many of us just don’t know how to get there. Green drinks are one of the simplest ways to build a daily routine that nourishes your body and fuels your mind.





You have made a smart and important decision to join with others from around the world, learning how to use natural and drug-free home remedies that work to help you feel healthy again. For additional relief, visit www.bartonpublishing.com

ADHD / ADD	Flu	Low Testosterone
Allergy & Asthma	Gallstones	Lyme Disease
Anti-Inflammation	Gout	Prostate Secrets
Arthritis	Graves Disease	Scabies
Back Pain	Hair Loss	Sinus Infection
Bad Breath	Herpes	Sore Throat
Cholesterol Secrets	High Blood Pressure	Ulcers
Depression	Hypothyroidism	Urinary Tract Infection
Diabetes	Irritable Bowel Syndrome	Wholesome Frequency
Erectile Dysfunction	Joint Pain	Music
Fat Loss	Kidney Stones	Yeast Infection
Fibromyalgia		

OUR MISSION

We help people experience vibrant, amazing health through natural healing remedies.