



PRESENTS FOOD, HEALTH, AND YOU



**TOP 77
FLAT BELLY
SUPERFOODS**

CONTENTS

INTRODUCTION	5
GETTING STARTED.....	8
HOW TO USE THIS BOOK.....	10
VEGETABLES	11
Artichokes	11
Arugula.....	11
Aubergine (eggplant)	12
Amrud (Guava)	12
Asparagus	13
Broccoflower	13
Broccoli	13
Beet greens	14
Bok choy.....	14
Brussels sprouts	14
Cabbage	15
Cauliflower	15
Celery.....	16
Chives.....	16
Collard greens	17
Daikon	17
Endives.....	18
Fennel.....	19
Fiddleheads	19
Garlic	19
Ginger.....	20
Kale	20
Kohlrabi	21
Leeks.....	21

Mushrooms	22
Mustard greens	22
Okra	23
Onions	23
Peppers	23
Pumpkin	25
Root vegetables	25
Rhubarb	26
Romaine Lettuce	27
Salsify (Oyster Plant)	28
Spinach	28
Sweet corn	29
Swiss chard	29
Water chestnut	29
FRUITS	31
Apricot	31
Avocado	31
Blackberry	32
Blackcurrant	32
Chico	33
Coconut	33
Cucumber	34
Dates	34
Dragonfruit	35
Durian	35
Feijoa	35
Goji berries	36
Kiwano	37
Kiwifruit	37
Mangosteen	38
Olives	38
Plantains	39
Pomegranate	40

Tomato	40
Yuzu	41
NUTS AND SEEDS	42
Almonds	42
Brazil Nuts	42
Chia seeds	43
Flaxseeds	43
Ginkgo nuts	44
Macadamia nuts	44
Pine nuts	45
Pumpkin seeds	45
Sesame seeds	45
Sunflower seeds	46
HERBS AND SPICES	47
Basil	47
Cardamom	47
Cinnamon	48
Garlic powder	49
Nutmeg	49
Rosemary	50
Turmeric	50
Thyme	51
NOW WHAT?	52
APPENDIX: QUICK GUIDE TO BENEFITS	54
Vegetables	54
Fruits	57
Nuts and Seeds	58
Herbs and Spices	59

INTRODUCTION

“One cannot think well, love well, sleep well, if one has not dined well.”

— *Virginia Woolf*

If health is wealth, then food is the best investment you could ever make.

Food doesn't just keep you alive – it determines the *quality of your life*.

It's more than fuel that makes your body run. It nourishes you, protects you from diseases and keeps you sharp and focused.

It's tied into how well you sleep - and even your happiness.

(And I'm not talking about the short-lived rush from a sugary snack that'll make you crash after.)

Good food helps you stay positive, cheerful and energized.

When you eat right, you live *longer* – and that extra time you'll have is way **more valuable** than money.

Whether you're trying to change the way you eat...

...looking for new ways to spice up your healthy eating plan...

...or need a good dose of nature's medicine to heal your body...

...you've made the right choice by getting this book!

So before we begin, I'd like to congratulate you for taking the right step.

You're going to learn about the best foods that will:

- Boost your immune system
- Fight cancer
- Combat the effects of a modern lifestyle
- Cut the risk of life-threatening diseases
- Raise your energy levels
- Upgrade your cognitive abilities
- Make you happier (contrary to popular belief, eating healthy *won't* make you miserable)
- And much more...

We've rounded up the best that nature has to offer, like vegetables, fruits, nuts, seeds, herbs and spices.

You're about to learn their incredible benefits and how they're going to change your life FOR GOOD.

These superfoods are your first line of defense in a wasteland filled with fast food, sugar-laden snacks, and processed junk.

A lot of people have yet to wake up to the dangers of consuming food filled with too many calories and not enough vitamins and minerals...

...so this is your chance break away from the crowd and **take back your health.**

While this is a big step, you're now headed in the right direction. Let this book help you make a transition to healthy eating and stay on track.

Then, you can finally escape the destructive cycle of making poor food choices, getting sick, and taking medication with all sorts of side effects.

So infuse your daily meals with these superfoods, and let the healing begin.

Trust me, your family and friends will love the healthier, stronger you.

GETTING STARTED

“Let food be thy medicine and medicine be thy food.”

— *Hippocrates*

If you told someone half a century ago that you could magically cure most illnesses by changing what you ate, they’d say you were crazy.

But that was a different time. Back then, we didn’t know about the full extent of the damage that artificial foods did to our bodies.

Everyone thought it was fine having **sugary cereals** with a glass of orange liquid passing itself off as juice for breakfast.

At lunch, they’d have Pringles (or some equally unhealthy equivalent) and chug down liters of soft drinks at dinner without a second thought.

No one would raise an eyebrow if small kids and (or even infants!) had a bottle or two of Coca-Cola or 7up.

They believed sugar was a great source of energy without any nasty **side effects**, like tooth loss and decay, diabetes and cancer.

Funny thing is that millions of people today STILL lead highly unhealthy lifestyles and continue eating food that’s bad for them.

In fact, in this era of “low-fat,” and “diet” foods, consumers are gladly eating these substitutes disguised as healthy meals. They don’t stop to consider the fact that they’ve been processed to oblivion before reaching that “fat-free” or “sugar free” state.

And what's interesting is that kids today are **actually worse off** than they were in the 1960s.

In a 2011 study from the U.K., researchers did a side-by-side comparison the average statistics of kids from then and now.

They found that children today weigh significantly more because of the increased amount of fat, sugar and other chemicals in their diets.

And to make matters worse, they're **less fit**. Kids today can do only about half the number of sit-ups compared to the 1960s.

This of course, increases their risk of getting diseases as they get older, like diabetes and heart problems and a host of other life-threatening conditions.

So in a lot of ways, we still have a LONG way to go.

The only difference today is that we're **more aware** of the dangers (thanks to research and advancements in medical technology) - even if we choose NOT to heed doctors' and scientists' advice.

HOW TO USE THIS BOOK

Well, there's nothing complicated about it, really. What I've put together is a list of the best foods that will protect you as you travel along the food landscape of the modern world.

It's a jungle out there. Take a few steps outside, and you're bound to run into a bunch of nutritional landmines.

If it's not your local fast food chain selling **gluten-loaded treats**, it's your friendly neighborhood 7-11 with unhealthy snacks, ready-to-eat meals and ultra-sweet desserts.

Your supermarket isn't safe, either. The grocery aisles are crawling with *all of the above* and **MORE**.

So it's really a matter of being vigilant with the food that you allow into your home. You may know about all the healthy foods in the world, but you still need to keep an eye on what you buy.

As for this book, you'll find it useful in helping you make responsible food choices. So feel free to flip through it when you make your next grocery list or want to plan a healthy, wholesome meal for your family and friends.

Whether you want to have more energy throughout the day...

...sleep better at night and be happier...

...or just live a healthier lifestyle in general...

...then this book is your new **best friend**.

Ready to turn a new chapter in your nutritional life?

Here we go...

VEGETABLES

Artichokes

This is the nutritional equivalent of a swiss-army knife. Don't ask what it can do, but what it *can't* do!

First of all, artichokes are known to fight cancer, prevent cardiovascular disease and has anti-inflammatory effects as well.

Most folks like eating the heart of the artichoke. But the leaves are just as nutritious, with a handful of benefits to make it worth eating.

It contains antioxidants and phytonutrients which cut the risk of cancer by busting those nasty free radicals in your system.

And speaking of the heart, extract from artichokes are also great at reducing the risk of a stroke by lowering your cholesterol levels.

Your liver and digestive system get some love too, thanks to artichokes' detoxifying properties. Since they're rich in fiber, you'll get a good cleaning where it counts.

The nutrients also trigger bile production by the liver, which in turn helps you digest better.

As a result, your intestinal flora improves, boosting your immunity in the process.

Arugula

Also called as "garden rocket", this superfood is the smaller of the green leafy bunch.

It has a low-calorie profile, and is rich with antioxidants. It also has phytochemicals which fight off the effects of cell damage that lead to cancer.

Its vitamin C specifically targets the immune system to make it stronger and prevent inflammation. It also goes after harmful invaders such as bacteria and viruses. On the

other hand, vitamin K plays an active part in keeping your bones strong against fractures. It's even known to lower the risk of degenerative brain conditions such as Alzheimer's!

Women in particular, benefit from consuming arugula because of said phytochemicals that counter high levels of estrogen. This is linked to preventing cancer of the breast, cervix and ovaries. However, these compounds also prevent colon and prostate cancer.

Arugula also keeps your body functioning well in general. Its B-complex vitamins are great for metabolizing food into energy, not to mention promote glowing hair and skin - and even deal with migraines.

Aubergine (eggplant)

Like artichokes, this vegetable also has antioxidants and phytonutrients which protect you from cancer on a cellular level. Also, it has other vitamins and minerals, along with nasunin, a less common form of antioxidant found in dark colored superfoods.

Not only is eggplant nutritious, it's also fibrous, which helps with digestion. Also, it has detoxifying properties - it attracts harmful elements in your cells and flushes them out. And it only packs less than 40 calories in each cup, so you can have a hearty serving without worrying.

I recommend that you cook it first (instead of consuming it raw) with the skin intact (which has nasunin) because this superfood contains additional antioxidants after it goes through this process.

Amrud (Guava)

This fruit is referred to as "Amrud" in Punjab, India, and it's an excellent source of antioxidants, carotene and vitamin C, which reduces cellular damage and lowers the risk of cancer.

Guava is also quite versatile because you can enjoy it on its own, include in certain recipes or have it as a drink. In liquid form, guava can relieve pains from mouth sores or a toothache.

It also has fibrous content for good digestion and helps regulate absorption of sugar, which is helpful in avoiding diabetes. Guava's potassium content helps with managing blood pressure, and has the antioxidant lycopene which provides sun damage protection for your skin.

Asparagus

This superfood is almost fat-free and only contains about 20 calories per serving (which is around five pieces). Asparagus is also rich with protein, folacin (great for pregnant women), vitamin A, thiamin, riboflavin, niacin, vitamin B6, vitamin C, vitamin K (for blood clotting), calcium, magnesium and copper.

It has antioxidative and anti-inflammatory properties as well, and is good for your blood pressure, bones, digestive system (thanks to the nutrient called inulin) and cardiovascular health. It's even linked to the prevention of type 2 diabetes.

Broccoflower

This is a cross between a broccoli and cauliflower, and it has the best of both worlds, nutritionally speaking. Not only does it have vitamin A and C, it's also rich in other good stuff like folate, fiber, minerals, and antioxidants.

If you're watching your weight, this superfood is perfect because it's low-calorie, low-sodium and low-carb, making it both nutritious and filling. Broccoflower also promotes healthy digestion, prevents colon cancer, helps with blood clotting, lowers cholesterol and cuts the risk of heart disease. Other benefits include sharper eyesight, stable blood sugar levels, muscle health, and a stronger immune system.

Broccoli

This superfood is in the same category of cruciferous veggies, like brussel sprouts, cauliflower, and cabbage. They all have a sulfur-based element called sulforophane, which potentially has cancer-fighting qualities.

Broccoli is full of vitamin K (good for blood clotting), vitamin C (an antioxidant which has healing properties), fiber (for lowered cholesterol, healthy digestion and good gut health), folate (for cell and tissue growth) and potassium (fights high blood pressure).

Not only that, this vegetable also combats osteoporosis, protects your liver, has anti-aging effects, boosts healing, promotes heart health and it's great for fertility.

Beet greens

Aside from the root itself, this part of the beet is actually quite healthy.

Iron is one of the elements you'll find in beet greens, and you need this to keep your bloodstream rich with oxygen. This promotes good muscle and heart health, and prevents anemia. Plus, there's potassium which lowers blood pressure as well.

Aside from this, you'll get a good dose of vitamin C and antioxidants and fiber - all of which slow down aging. Thanks to beet greens, you'll enjoy healthier, younger-looking skin and excellent cell growth. Together with folate and magnesium, this superfood also keeps your bones stronger.

Beet greens also help you digest better because of its fiber-rich content. With the natural fibers cleaning your digestive tract of harmful toxins and other buildup, you'll experience lower cholesterol. You'll also stabilize your blood sugar levels and keep the pounds off.

Bok choy

This superfood's been around for a long time, going back to over a thousand years in Asia (and about a century in the U.S., who grows them in smaller amounts locally).

This is considered to be one of the best cancer fighters in the leafy green category. It has an abundance of sulforaphane and other elements like vitamin A and phytonutrients that effectively act as antioxidants. Meanwhile, omega-3 and vitamin K help reduce inflammation that could lead to serious consequences if left unchecked.

Also, vitamin K, together with magnesium and calcium, help build strong bones. They prevent osteoporosis which increases resistance against fractures.

Brussels sprouts

As another member of the cruciferous family, this superfood has antioxidant, anti-inflammatory and detoxifying properties.

Steamed brussel sprouts (as opposed to its raw form) do a great job of cutting down your cholesterol levels, and their fiber helps you digest better. It's healthy for your cells too, thanks to the sulphotransferase content found in this superfood.

You'll also find it's effective against cancer because of the phytonutrients in Brussels sprouts. Furthermore, their vitamin A and C content are good for your antioxidant needs. This helps fight off the damaging effects of stress on the body.

Excessive stress also causes inflammation, and glucosinolates are good at dealing with this. Vitamin K also adds to this superfood's anti-inflammatory functions. As it turns out, this benefit is also connected to lowered risk of heart problems. The fact that it lowers cholesterol makes it good for cardiovascular health, too.

Cabbage

This low-cost superfood is surprisingly packed with close to 40 different types of antioxidant elements, which in turn greatly lower the risk of heart disease. Cabbage also has beta-carotene, which fights LDL or "bad" cholesterol.

On top of that, you'll get a helping of sinigrin as well, which is a sulfur-based element known for its cancer-fighting properties. Plus, you get probiotic goodness, which means you'll enjoy better gut health as well.

Red cabbage in particular is rich in vitamin C, which aids your immune system in fighting illnesses. It doesn't only have antioxidant properties (good against cancer, heart disease and diabetes), it also contains collagen which is good for skin and cell connectivity.

You'll also find that red cabbage helps your body's anti-inflammatory functions, specifically with arthritis. Your bones stand to benefit too, with the vitamin K found in red cabbage. This is great for fighting osteoporosis.

Cauliflower

You've got cancer-killing, detoxifying, heart-friendly and anti-inflammatory benefits rolled into this superfood. It also promotes cell integrity, thanks to the antioxidants which protect you from daily stress and free radicals.

Each serving is rich in vitamin B6, C and K, folate, niacin, magnesium, protein, thiamin, riboflavin, fiber, vitamin B6 and potassium. Better brain health is another benefit of cauliflower, thanks to its B-vitamin content.

Eating this regularly will lower your blood pressure and better manage your body's inflammatory functions. Cauliflower contains both sulforaphane and indole-3-carbinol which fight cancer and excessive inflammation respectively.

If you need help with digestion, this superfood also offers fiber which cleans your colon. This helps you grow healthy intestinal flora and promote good gut health.

Celery

This phytonutrient-rich vegetable is great for reducing inflammation, and contains vitamin C, which is an excellent antioxidant (among the many other antioxidants also in celery). Antioxidants are awesome because they reduce cell damage caused by stress, unhealthy eating and other factors that affect your bloodstream.

Your tummy is covered too because celery can protect the mucus layer that keeps you from getting ulcers. The elements in this superfood manage the acidic levels so you don't have to worry about any small tears or holes in your stomach lining.

People with high cholesterol can balance out their diets by eating celery, which targets both LDL (bad cholesterol) and triglycerides. This also reduces the fat found in liver, preventing related diseases affecting this region.

Not only do the antioxidants in celery fight cancer and lessen inflammation, they also reduce the risk of heart disease and even arthritis. This nutrient-dense superfood also helps ease other conditions like gout, joint pain, IBS and UTI.

Chives

This bright-colored green plant is pleasant to look at, and even better to eat. Chives are a low-calorie superfood that have a high nutritional value. It's got a good serving of fiber, vitamins, minerals and antioxidants to keep you healthy and strong.

Vitamin K, for instance, is a brain-friendly antioxidant that fights neurodegenerative

diseases and helps with bone growth. Fiber is great for digestion, while chives' vitamin A content helps with eyesight and cell protection. Folate comes in for additional cell support, while B-complex vitamins play a role in preventing anemia, fatigue, dementia and depression.

It's also packed with a blood pressure-lowering compound and it even breaks down clumps of blood cells that could block arteries over time. Its other elements like carotene and lutein are beneficial for the lungs and oral cavity, preventing formation of cancer cells in those regions.

Collard greens

Give your bones some love with this superfood. They're rich in vitamin K and help you retain calcium in your body (so it doesn't get flushed out). Collard greens are also chock-full of vitamins A, C, iron and folate.

They're also great in managing blood sugar, which is especially helpful for those who have type 2 diabetes. That's because the fiber-rich content helps flush out harmful substances in the colon which affects glucose levels in the blood.

Naturally, a cleaner digestive tract also means better digestion. So, collard greens are great for your tummy because they prevent IBS, leaky gut and Crohn's disease.. Not only that, your intestinal flora also benefit since this vegetable manages bacterial growth and keeps it from getting out of control.

Other benefits include better skin and hair, deeper sleep, cell growth, lowered inflammation and risk of cancer, and a stronger immune system.

Daikon

While its name originated from Japan (literally meaning "big root"), other Asian countries (e.g. Korea, China, India) have their own version of daikon which go by their local names. The Japanese version looks like an overgrown white carrot and can grow up to 14 inches long.

Daikon is considered to be under the cruciferous group of vegetables. And like the others, it's also rich in antioxidants, thanks to vitamin B and C. It also has qualities that prevent

inflammation (which reduces arthritis) and improve the immune system.

It's also great for detoxifying because it helps the liver flush out harmful toxins from the body. Aside from that, eating daikon helps your digestive system break down fats and carbohydrates in your body.

Better yet, this vegetable helps you lose weight, promotes clearer skin and strengthens your bones. If there's one all-around superfood you need in your meals, this is it.

Endives

There are actually three types of this superfood, namely the Belgian endive, curly endive (frisée) and broad-leafed endive (escarole). They're under the chicory group of vegetables which offers a world of health benefits:

- **Belgian endives:** these resemble lettuce, but have more of a circular shape. Its leaves curl at the edge and have a light shade of yellow (although there is a sub-variation called red endive or radicchio which has a reddish color). They're great in a salad or with other dishes, like fish or as an appetizer.
- **Frisée:** This is a type of endive that's known for its curly appearance and makes for a great salad. It has a bit of a bitter taste, but goes well with other vegetables and sweet ingredients in a salad, like fruits or fruit-based dressing.
- **Escarole:** This variant isn't as bitter as the other endives, and they're also right at home with salads. The darker leaves found on the outer part of escaroles are often used in main dishes and soups.

Endives are low in calories and have a good serving of vitamins A, C, E, K as well as beta-carotene, folic acid and manganese. There's also calcium, fiber and potassium to round out their nutritional qualities.

Like the other superfoods you've met in this book so far, endives are also a great antioxidant. They help with cell and tissue growth, lower blood pressure, prevent Alzheimer's disease and aid digestion.

They also keep your skin moisturized, protect your bones, promote good eyesight and shield your cells from free radical damage (thus preventing cancer). It's a win-win for your taste buds and the rest of your body!

Fennel

One of the great benefits of this vegetable is that it relieves a handful of digestive-related complaints, such as IBS, excessive gas, high levels of gastric acid, stomach aches and cramps.

In some parts of the world (like India), people chew fennel seeds raw as it helps with digestion and has anti-inflammatory properties. It's also used as a component in cough medicine because it offers respiratory relief.

If you're low on iron, fennel is a great supplement for that. It's also rich in histidine, which helps your body produce more hemoglobin to enrich the blood.

Fiddleheads

Quirky name aside, this unique looking superfood is full of antioxidants, omega-3 fatty acids and vitamin A and vitamin C. They're quite a versatile ingredient too - you can make tarts, soups and salads out of these cute little fellas.

The cool thing about these vegetables is that you can eat a lot of them without consuming a lot calories (only about 34 kcal per 100 grams!). They also delay the body's hunger signals which makes you feel satisfied. So if you're looking to shed some pounds, include this in your meals.

Being vitamin-rich, fiddleheads help reduce infections, improve eyesight and even fight cancer. With its low-sodium and high-potassium content, this superfood will lower your blood pressure and help your heart. It's also great for people with anemia as this vegetable contains iron and magnesium for blood sugar regulation.

Garlic

This belongs to the allium family of plants such as chives, onions, leeks and shallots. Unless you're a vampire, you probably shouldn't stay away from this nutrient-rich superfood!

Add this to your meals to get a dose of cancer-fighting phytonutrients and antioxidants, as well as vitamins and minerals to further protect your body (i.e. calcium, iron, magnesium, manganese, potassium and zinc).

The various compounds in garlic also keep your liver and heart healthy by regulating enzymes in your system and lowering your blood pressure. It can even help prevent certain types of cancer, such as the stomach and digestive system.

Ginger

There's nothing quite like this superfood. You can turn this into a soothing hot drink to ease stomach pains. It helps with digestion while relieving nausea and other related symptoms.

Another benefit of ginger is its cancer-fighting properties. Thanks to its antioxidants and phytonutrients, you can prevent damage to your cells which could lead to cancer. It also helps with your blood sugar levels in order to reduce the risk of diabetes.

Anti-inflammation is an important part of preventing cancer and cardiovascular disease. As such, including ginger in your dishes and drinks will cut your cholesterol levels and regulate insulin production.

Kale

This vegetable has become popular in recent times because of its low-calorie, low-fat and high-fiber makeup, along with its nutrient-packed goodness. You'll get a good helping of vitamin A, C and calcium when you make kale a part of your everyday meals.

Kale is great for promoting healthy digestion and oxygen-rich blood, thanks to its fiber and iron content. Bone growth is another benefit, made possible by abundant amounts of vitamin K (which happens to have cancer-fighting qualities too).

This vegetable also helps with reducing inflammation and cell damage dealt by free radicals. Antioxidants like carotenoids and flavonoids are hard at work preventing cancer, while omega-3 fatty acids have anti-inflammatory functions.

Your blood pressure and cholesterol levels will improve, not to mention your skin and eyesight. What's not to love about this superfood?

Kohlrabi

As another cruciferous vegetable, this superfood has a lot of benefits in common with its relatives. Kohlrabi originally comes from Europe (mostly abundant in Germany), but can also be found in other parts of the world.

In a nutshell, it's helpful in maintaining your weight (filling yet wholesome), sharpen your eyesight, promotes muscle and nerve health, aids in digestion (because of its fiber) and fights cancer (such as breast and prostate).

You'll get a good dose of vitamins, including A, B, C, K and B-complex vitamins. It's also rich in calcium, copper, potassium (good for heart health and muscle/nerve function), iron and manganese (great for the bones) - all good stuff for you.

Leeks

As another member of the allium family of vegetables, leeks are known for their tall, narrow shape and sweet flavor. They're best planted underground to keep them covered from sunlight. This preserves its taste and prevents it from changing its color from white to green.

Health-wise, leeks have a combination of vitamins, minerals, plant fiber and various antioxidants. Vitamin A, C, E, K and folate work together to keep you healthy. It helps pregnant women by supporting their babies during those crucial months in the womb, while preventing inflammation and infections at the same time.

Also, chopping or cutting leeks releases antioxidant compounds that go after cancer-causing free radicals in your body.

Furthermore, your immune system will get a boost and cut your risk of cardiovascular disease. Platelets naturally build up in the heart, so eating chives helps clear your arteries of blockages that could cause problems down the road.

Mushrooms

Technically, they're more of a fungus than a vegetable. However, they're just as healthy as the other superfoods you'll find on this list. They have ancient origins and have been part of Eastern cuisine for thousands of years.

Mushrooms come in different shapes and sizes, but they're generally nutritious for you. They contain iron, various minerals and even B vitamins.

As nutrient-packed as they are, mushrooms are a low-carb and low-calorie superfood that boosts your immune system. In fact, they promote the growth of immune cells in the blood to keep viruses, bacteria, and other biological threats at bay.

Better yet is that they've got fiber and are effective at reducing inflammation. On top of that, mushrooms have antioxidants which fight free radicals that damage cells and cause cancer.

Mustard greens

Give this superfood a try to grow your grey matter. Research has shown that eating mustard greens may reduce the risk of Alzheimer's disease, thanks to components like potassium and folate. It's been found that it improves blood circulation to the brain. This gives your cognitive functions a serious boost, keeping you sharp and alert.

Speaking of sharp, your eyes will benefit too because of this superfood's rich vitamin A content. This also prevents your eyes from drying out or get itchy (which happens when you don't have enough of this vitamin).

Folate also helps pregnant women have richer blood, which in turn benefits their babies. Potassium, on the other hand, reduces hypertension which is good for your heart.

Mustard greens also prevent bone fractures and degeneration as it infuses your skeleton with vitamin K and calcium. Fiber helps your digestive system, and vitamin K lowers inflammation (which is linked to cancer prevention).

Okra

This superfood is an annual vegetable that's dense with fiber, vitamin B6 and folic acid, which are all good for you. Vitamin B6 helps you function on a daily basis, and it keeps your blood vessels healthy. Okra also prevents Alzheimer's disease among other things.

As for folic acid, it's one of the top vitamins for expecting mothers as it helps with fetal growth and prevents complications during pregnancy. Other health benefits include reduced inflammation and better digestion (courtesy of its fibrous content).

They thrive in regions with warmer and more humid climates. Okra is usually picked while they're still soft and have a nice, green shade to them. They have a bit of a thick, gooey texture, and go well in a variety of dishes. Cook them, boil them, fry them - either way, they're a great addition to a lot of recipes!

Onions

They're not just tearjerkers - these guys are also tasty and nutritious. Some of the biggest benefits include high antioxidant content (like quercetin) and stabilized glucose levels (which is good for preventing or managing diabetes).

It's good for the brain and prevents asthma too, thanks to elements such as cysteine sulfoxides. Not just that, your risk of cancer (along with other diseases) goes down because of its anti-inflammatory properties.

Generally speaking, onions that are allowed to grow longer tend to have less antioxidants in them (usually yellow in color). The tradeoff is that they're sweeter than onions that are picked sooner (which are the white and red variety). As such, white and red onions have more nutrients, but have a stronger aroma and flavor.

Peppers

Biologically speaking, these are considered fruits, but are treated as vegetables from a culinary standpoint. They're part of the genus Capsicum, which consist of both spicy and non-spicy peppers, all of which are excellent superfoods.

They're native to the South American regions and go back to thousands of years. European nations eventually discovered them during the age of exploration, and they've become a staple in many cultures since then. Whether it's Hispanic, Mediterranean, Asian or anything else in between, peppers are now part of countless dishes around the globe.

Here are some of my favorite peppers of all time:

- **Bell peppers:** You won't have to count calories with this one because there's so little of them per serving. Better yet, they're packed with vitamin A, C and E. That means they're great for your skin and hair and eliminate oxidizing free radicals in your system. They also reduce inflammation and even lower your cholesterol!
- **Cayenne:** This type of pepper is often dried and crushed into a powder rather than cooked whole. Some people use it as an appetite suppressant and a digestion aid to burn food more efficiently. They're even used as a remedy for cold symptoms such as nasal congestion. As spicy as it is, research shows it may help rid your gut of harmful intestinal flora and restore its natural balance. And you might be surprised to know that cayenne is also good for your heart. It reduces blood clotting, which could lead to strokes.
- **Habanero:** If you're brave enough to try this intimidatingly hot pepper (about 100,000–350,000 on the Scoville scale), then you'll also enjoy its health benefits as well. Studies show it lowers cholesterol, which makes it good for your heart. Other spicy perks include reduced blood pressure, weight loss and even cancer-busting antioxidants.
- **Jalapeño:** This won't just give you a nice kick, but also an impressive nutritional boost. Like its relatives, this pepper has vitamin C for resistance against illnesses. Other benefits include better appetite management, pain relief, a faster metabolism and a healthier brain. Jalapeños go well with salads and soups - or you can blend them together with fruits and vegetables for a healthy shake.
- **Paprika:** Since its discovery several centuries ago, this antioxidant-packed superfood has been sprinkled on a wide variety of dishes. Enjoyed as a powder, paprika delivers some astounding benefits, such as a lowered risk of cancer

thanks to beta-carotene. They don't just prevent cell degeneration, but also fight inflammation. Recent research also reveals that Paprika may even be an effective weapon against serious conditions such as autoimmune disease and diabetes.

- **Tabasco pepper:** Originating from Mexico, this pepper takes about two and a half months to ripen, going from a shade of green to red. This is also where the famous sauce comes from, which takes around 36 months to mature. Like the other peppers, it dampens hunger pangs, boosts metabolism, helps burn calories and lowers the risk of heart-related diseases.

Pumpkin

Not just a halloween decoration, this superfood is good for those who want to fill up without packing on the calories (only about 50 kcal per serving). Also, it's rich in fiber to keep you satisfied over a longer period of time. Fiber helps with digestion by sweeping up toxins and other harmful stuff from your body and flushing them out.

Vitamin A is also abundant. This gives you better eyesight, fabulous skin and stronger teeth and bones. It's also great for cardiovascular health because pumpkin cuts down cholesterol levels and gets your blood pressure down. On the other hand, healthy amounts of zinc in this superfood lowers the risk of cancer and protects the prostate gland, which is good news for men.

Root vegetables

This group of superfoods have long been revered for their incredible benefits and versatility. They date back to thousands of years ago when they were first used for both medicinal and nutritional purposes. Today, people continue to enjoy root vegetables' great flavor and health-giving nutrients.

Compared to grains, they're more filling per serving because of their lower sugar content. You don't just get a helping of energy-packed complex carbohydrates - they also have more fiber which is good for your digestive system. As a result, you'll prevent heart disease, have better gut health and reduced inflammation.

Meanwhile, vitamins A and C team up to fight both heart-related illnesses and cancer. Fiber-rich root vegetables also keep you full longer, which is awesome if you're looking to

lose weight. Plus, your blood sugar levels won't fluctuate - this is great for preventing or managing diabetes.

Here's some of my favorite root vegetables:

- **Beets:** some athletes swear by this one because it helps with their muscles, manages inflammation and gives them a serious boost when it counts. They're also hormonally beneficial and rids your system of harmful toxins from the environment.
- **Carrots:** You can enjoy this instantly recognizable vegetable by cooking it, juicing it, or eating it uncooked. It's got a heaping of antioxidants and vitamins that's good for eyesight and skin.
- **Parsnips:** Eat this one for your daily dose of vitamin C, fiber, folate, potassium. It also lowers your blood sugar levels and blood pressure.
- **Sweet potatoes:** They're starchy, so your body absorbs this food slower, giving you even doses of potassium, vitamin A and C, as well as antioxidants. Despite the name, this superfood has low-sugar content which keeps your glucose levels nice and even.
- **Turnips:** This vegetable is chock-full of calcium, phytonutrients and magnesium. Together, they fight cancer, take care of your heart and keep your bones strong.
- **Rutbaga:** Resembling both a cabbage and a turnip, you'll find a lot to like about this one. It has fiber for easier digestion and improved gut health, and you also get a serving of zinc. It boosts your immune system, protects your brain, and keeps you bright and cheerful throughout the day.

Rhubarb

Your bones and teeth will love this superfood - it contains calcium, an important building block in your overall well-being. You'll also get vitamin K from rhubarb, which contributes to proper blood clotting and healing. Another helpful element is lutein. This helps your skin and eyes stay well-nourished; it even keeps cancer at bay.

Antioxidants also do their part in fighting cancer, and prevent the breakdown of cells caused by free radicals. Your cardiovascular and immune system get some love too. Rhubarb's nutrients keep illnesses away and get your heart pumping at full efficiency.

Fiber is another part of this vegetable that helps you digest food and eliminate waste better. Rhubarb also preserves the natural equilibrium of healthy bacteria in your gut - this is great for people who get gassy or have heartburn.

Romaine Lettuce

This vegetable is a wonderful addition to various salads, sandwiches and other dishes. If you're trying to get into a healthy lifestyle, this is a great gateway superfood with a crunchy texture and awesome taste.

Compared to other types of lettuce, the romaine variety has significantly more nutrients and antioxidants. Aside from that, it has vitamins and minerals (such as folate and manganese) to round out its nutritional value. Folate helps unclog the arteries and prevents cardiovascular diseases (e.g. heart attack, stroke).

Cancer, heart problems and inflammation are all related to high levels of oxidation in the body. As such, romaine lettuce will help you fight back with its healthy dose of vitamins A and C. You can prevent toxic damage to your cells caused by unhealthy food and pollution.

Plus, these same vitamins help maintain eye and skin health, leaving you with sharp vision and glowing skin. Even better is that your immune system gets a good upgrade as well - these vitamins help you build a natural resistance against the environment.

Leafy greens are often considered the best natural vegetable source of vitamin K. Romaine lettuce is no exception because it's also a great source of this bone-building nutrient. In fact, studies have shown that vitamin K boosts bone density and prevents osteoporosis - even more than calcium.

Lastly, romaine lettuce has fiber to clean your digestive tract of harmful substances that build up over time.

Salsify (Oyster Plant)

This superfood comes mostly from South Europe, which resembles related vegetables like carrots and celery. They're planted in regions with colder climates such as Russia or France. It grows as long as 12 inches and has fiber, vitamins and minerals to fuel you the right way.

Consuming this vegetable will lower your glucose levels, help manage your weight, and digest food better. Also, salsify balances the intestinal flora in your gut which boosts your general immune system.

The risk of cancer and inflammation are also reduced because of the antioxidants that keep your cells strong and healthy. This includes vitamin A, B6 and B-complex, along with magnesium, potassium and phosphorus. All of these shield you from all sorts of illnesses and keep you going longer.

Spinach

With over 12 different antioxidants present, spinach can be a great part of your meal. Antioxidants are powerful agents that prevent cell destruction connected to different types of cancer found in the digestive system, breast and other organs.

While vitamins A and C act as antioxidants, they also build up your immune system and defend you against external threats. Furthermore, they're beneficial for your eyes, skin and mouth.

There are a ton of other nutrients found in spinach which help with lowering inflammation. This in turn lowers the risk heart problems down the road, thanks to lower blood pressure and reduced cholesterol levels.

Elements such as fiber help with this, as it manages the rate of which you absorb glucose in your blood (which is also good for fighting diabetes). Spinach doesn't just slow down sugar absorption, but the effects of aging as well - specifically in the brain. It can boost cognitive abilities and repair damage from getting old, or brain injuries (such as a stroke).

Sweet corn

This superfood stands apart from other corn as it's collected at a different stage in their maturity. They're often consumed right away or preserved in cold storage for future consumption.

Compared to grains like rice, sweet corn has less calories and have simple carbohydrates. Those watching their gluten intake should look into this one, and its fiber content makes it even more appealing for the health-conscious. Another benefit of fiber is that it helps you stabilize your sugar absorption when taken with complex carbohydrates. This keeps your glucose levels from spiking and your insulin production in check.

The vitamin A protects your eyes and skin, while antioxidants like beta-carotenes are effective against cancer prevention. B-complex vitamins are great for boosting your metabolism and break down food in your body more effectively.

Swiss chard

This one's known for its deep shade of green in its leaves, and closely resembles spinach.

Swiss chard's ribs and stalks come in various hues, such as red, white and orange. They're rich in vitamins A, C and K, which help you see better and fight cancer-causing free radicals. You'll also enjoy regular blood-clotting, reduce bone loss and keep your blood sugar levels stable.

Some even consider this as an alternative to kale because of its softer texture and flavor. Swiss chard goes into a number of dishes like pasta or sauteed with garlic and olive oil.

Water chestnut

This unique-looking superfood is filled to the brim with vitamins and minerals, and is a fabulous addition to a lot of dishes. Often found in Asian cuisine (such as main courses or desserts), water chestnuts don't have a lot calories - but they do pack a nutritional punch.

They're loaded with all the good stuff like calcium, magnesium, potassium, and vitamins B6 and C. Your heart will love the lowered levels of homocysteine which is associated with cardiovascular problems. Your liver also benefits from this non-starchy vegetable because it can reverse damage and help heal it.

Water chestnuts provide you with fiber, which is also good for your heart AND helps with weight loss. It's also used to treat bacterial infections in the digestive system as well as boost reproductive health for both men and women. In fact, this superfood is known to target specific strains like E. coli and S. aureus, providing relief to those infected with these bacteria.

FRUITS

Apricot

This is a great source of antioxidant goodness. Apricot targets harmful free radicals and prevents cancer. It also contains iron to enrich your blood to avoid anemia. You'll even enjoy lowered blood pressure and cholesterol levels, courtesy of potassium.

Your skin and hair also benefit from this superfood as you'll find abundant amounts of vitamins A and C when you help yourself to this tasty treat. Thanks to calcium, apricots are all about bone health, too.

There's also plenty of fiber to go around with this fruit, so your digestive system will be much cleaner after. Apricot makes for a low-calorie nice snack that keeps hunger pangs away.

Avocado

These fatty fruits are healthy for you because a serving will leave you feeling full longer. This superfood contains the kind of fat that flips your satiation switch and tells your body that you're full.

Plus, fat helps stabilize the glucose levels in your bloodstream and break down carbohydrates at a moderate pace.

What's more, avocado keeps your cholesterol at safe levels because of the plant-based compound called beta-sitosterol. Antioxidants are abundant too, which protect your cells, particularly your eyes. You can keep your pretty peepers strong and healthy thanks to phytochemicals that counteract the effect of UV light.

Of course, antioxidants also provide much needed support for the rest of your body and shield you against the threat of cancer. Eating avocado promotes the growth of certain cells that improves your immunity against all manner of diseases.

As for your all things skeletal, vitamin D, K and calcium form a trio of bone-loving goodness that reduces the risk of osteoporosis and other related conditions.

Blackberry

Love your brain? Then have a serving of this superfood to load up on antioxidants that keep your gray matter going well into old age. Conditions like Alzheimer's and memory loss are linked to cell degeneration caused by free radical damage. So, blackberries can help you in the fight against brain deterioration as well as cancer.

You can further protect your body from aging with the help of manganese . A single serving has about 0.9 mg of this helpful nutrient, and it keeps your bones healthy. Not only that, it serves as a catalyst for breaking down carbohydrates and cholesterol.

Vitamin C also helps with bone development, along with other benefits like healthy cell and tissue growth, and better iron absorption. Fiber, on the other hand, keeps your digestive system running smoothly and prevents heart problems. Vitamin K plays a part in bone health and even blood clotting.

Blackcurrant

This curious bunch of aromatic berries has an interesting flavor profile. It's used in giving certain types of liquor their signature taste (such as cassis), and come in different varieties (e.g. magnus, ben rua, ben Ard).

Its dark hue comes from anthocyanins which is linked to benefits such as a lower risk of cancer, diabetes and cardiovascular disease. Anthocyanins also act as an antioxidant that gets rid of cancer causing elements like free radicals to prevent breast and liver cancer.

Blackcurrant also deals with with eye-related conditions such as optic nerve damage and glaucoma. It contains compounds which preserve cell health and improve blood circulation in this region to keep you seeing bright and clear for years to come.

Finally, this superfood is tough on biological invaders like bacteria and viruses. Essence of blackcurrant has been found to target and destroy strains related to the flu, herpes, and gastrointestinal disorders.

Chico

Thanks to its anti-aging properties, eating this fruit is like having your personal fountain of youth. Vitamin C helps your skin and hair look more youthful and vibrant, mainly because of chico's natural ability to promote collagen growth. Feel younger with sharper vision, which vitamin A can help with.

Calcium and phosphorus pitch in by strengthening your bones and preventing debilitating conditions like fractures and osteoporosis. They keep your frame from getting brittle over time so you can move around with confidence.

Speaking of which, you can also lighten your load with chico's low-calorie goodness. It can curb your appetite, especially if you've got a soft spot for the sweet stuff. This fruit has the right amount of sweetness and can keep your cravings under control when consumed in moderation.

And like most fruit, you'll get a good dose of fiber to keep you feeling full. It also sweeps your digestive tract of waste that can be toxic and make you feel bloated. So, not only do you lower your risk of heart disease, chico also helps keep the pounds off.

Coconut

The oil derived from this superfood is a treasure trove of health benefits, and that's only scratching the surface. Substances like caprylic acid, lauric acid and capric acid are the trifecta of good fats you need in your system. They're easy to break down and provide an excellent fuel for both your brain and body.

Plus, consuming these oils is an effective defense against brain-eroding threats like Alzheimer's, reduced cognitive functions and short memory. Coconut provides the fuel to keep your noggin running at full capacity and even repair brain cells for maximum performance.

Other benefits of coconut include a stronger immune system. This superfood can go up against bacteria, viruses, fungi and even parasites. Plus, you can absorb other vitamins and minerals more efficiently, further boosting your immunity. Your insulin production improves too, which in turn lowers your risk of getting diabetes (or helps manage it).

You can also cross off early aging (and its damaging effects) when you help yourself to coconut's generous serving of antioxidants. Cells break down as you get older, so this fruit puts the brakes on that. Your heart, bladder and kidneys all benefit - along with your skin and hair that'll stay soft and shiny.

Cucumber

This superfood does so much more than putting them on your eyes after a rough night. It's also got a good dose of antioxidants including vitamin C and beta-carotene. Together, they fight heart disease and a host of other related sicknesses that come from cell breakdown.

Say goodbye to inflammation, too. Eating cucumber also reduces the body's inflammation mechanism and excessive histamine production. This results in better overall health, reduced risk of cancer and other life-threatening illnesses.

Feeling stressed and burnt out? Cucumber offers some sweet relief in the form of energizing vitamins such as B, B1, B5 and B7. These shield you from chronic stress, and make you feel sunny and upbeat on the roughest of days.

Add fiber and potassium (for better digestion and lower blood pressure respectively), and you've got a well-rounded fruit that offers a wealth of benefits in each succulent slice.

Dates

A serving of this superfood keeps the tummy aches away. Dates are excellent for treating a bunch of problems in the digestive system and improves gut health. For instance, dates contain potassium which treats diarrhea. Those who have problems with bowel movement will also find relief in this fruit's anti-constipation properties. And you can even lower your risk of colon cancer by eating dates.

Fiber not only helps with digestion and detoxification, but also lowers your blood pressure, cholesterol and the risk of other heart-related complications. Dates also have bone health covered with the presence of magnesium and manganese, plus selenium and copper.

Vitamin K is also good for the bones, and it aids with proper blood clotting for good measure. All in all, dates are packed with nutritional and restorative benefits in every bite.

Dragonfruit

Ever heard of flavonoids? They're immune-boosting plant chemicals, and this superfood's got a good helping to help you fight off the flu and other illnesses. Together with vitamin C, they'll tag team to take down those nasty bacteria and viruses that can ruin your day.

As with other fruits on the list, dragonfruit provides nutritional back-up in the form of cancer-busting antioxidants, along with vitamins B1, B2, B3 for a robust defense. Don't forget calcium, iron and protein that keep other threats well out of range.

Dragonfruit's also big on fiber, making your digestive troubles go away and keep your tummy in great shape. Prebiotics are another benefit of this superfood and preserve the delicate balance of healthy bacteria in your gut. If that's not enough, you'll also take care of your blood sugar levels and keep insulin within healthy limits, thus preventing a resistance to it.

Durian

Despite its signature smell, this superfood deserves a place in your list of fruits to eat. It's got phytonutrients to fight cancer and aging, plus vitamin C to strengthen immunity and stop the harmful effects of oxidation.

You'll also find some tryptophan, which is an amino acid that deals with the symptoms of depression and mood disorders on a chemical level. Other helpful elements in durian include iron, manganese and copper to keep you running at 100%.

Durian also has a reputation in medical circles for being an effective treatment against a bunch of other problems related to the cardiovascular and digestive system. It also treats issues concerning bone and reproductive health.

Feijoa

This one's got a unique aroma as well, and is just as healthy for you. Feijoa is loaded with vitamin B6, C, folate, potassium, manganese and a host of other antioxidants to cover your daily nutritional needs.

It resembles an egg in terms of shape and size, and is sometimes referred to as a “pineapple guava” because of its mixed features.

They make for a nice dessert (such as in ice cream), or can be eaten on its own by cutting it in half. They’re rich in fiber - this makes it easier for the digestive system to pass waste and prevent serious conditions like cancer in the long run.

This also helps lower cholesterol and improve cardiovascular health, not to mention keep blood sugar levels balanced. Diabetes becomes less likely because of these benefits.

Immune-wise, you’re also covered because feijoa has properties that break down bacterial and cancer-causing threats before they can do harm. And the good news is that this fruit helps your brain stay in great shape by promoting cell growth and better blood circulation to this area.

Goji berries

Tossing and turning at night? Goji berries promote the production of melatonin, also called the sleep hormone. They’re great as an evening snack to help you deal with insomnia and get some shut-eye.

Aside from that, this superfood also features a rich array of vitamins, minerals and antioxidants that fight cancer, inflammation and other health problems down the road.

For those lacking in iron and zinc, goji berries have plenty of these to keep you energized even on a busy day. Vitamins A and C help you take care of the flu and other biological troublemakers so you don’t have to take a sick day.

You’ve also got cancer on the run, thanks to powerful compounds like carotenoids which inhibit cancer cell activity and even tumors. Other life-saving elements such as polysaccharides and glycoconjugates join the fight. They protect various regions in the body including the digestive and reproductive system, along with the brain, heart and liver.

Kiwano

This superfood answers to the name “horned fruit” on account of its spiky, bright-colored exterior. Underneath its prickly appearance however, you’ll find that kiwano has a cancer-fighting and immunity-boosting side to it.

For instance, it’s packed with nutrients like vitamin E which preserves brain health, while vitamin A improves eyesight and busts free radicals in the body. Next up are compounds which have shown to regulate stress-related hormones and keep you grounded.

Minerals like calcium fortify the bones, and zinc reverses tissue damage while kickstarting your metabolism. Vitamin C, on the other hand, is a youth-preserving antioxidant that keeps cells healthy. It also teams up with zinc which leads to collagen, another anti-aging component.

Your blood sugar stays nice and balanced, thanks to fiber. This also promotes excellent digestive health by removing the bad stuff in your colon and help you absorb nutrients better.

Kiwifruit

These fuzzy little fellas are popular in New Zealand. Although they’re grown locally in the country, kiwifruit didn’t get there until the turn of the 20th century. They came all the way from China and have been a part of their diet ever since.

You can cut them up, juice them or cook them with your favorite dishes. This superfood is an awesome part of a balanced meal because of its nutritious qualities. To start with, it helps the respiratory system and treats symptoms related to asthma.

It also boosts digestive function by breaking down food for better absorption. Protein in particular is metabolized faster, giving you energy to power through a crazy day. Speaking of stress, kiwifruit has antioxidants that counteract the damaging effects of oxidation that builds up daily.

Oxidation can be a precursor to serious illnesses like cancer, so this superfood steps in with vitamin C to keep you safe. This fruit also improves the blood by stripping it of

harmful fat that could build up and clog blood vessels. Plus, you can count on kiwifruit to keep you seeing sharp as you get older. Elements such as zeaxanthin and lutein help your eyes by protecting cells in the macular regions.

Mangosteen

Although this fruit belongs to the same genus as mangoes, they have very little in common. Unlike its cousin, this superfood has a deep purple hue on the outside, with soft, white flesh on the inside.

They're widely available in Asia, but have recently been allowed in countries like the U.S. They were previously banned because of biological concerns (fruit flies), but they can now safely be enjoyed by people around the world.

They're a tropical growing fruit and are sought after by superfood lovers all over. Thanks to its xanthones (an organic compound), mangosteen has antioxidative and anti-inflammatory qualities. This helps fight cancer and other illnesses by breaking down free radicals that attack cells in the body.

As a result, you can prevent brain degeneration as well as debilitating physical conditions. Vitamin C also helps with cell health, boosting your immune system in the process. This same vitamin is responsible for better blood flow to your eyes to enhance your vision.

However, mangosteen also helps with overall circulation. That way, the rest of your other organs get an adequate blood supply (and enjoy lower cholesterol and triglyceride levels to boot).

On top of that, mangosteen keeps you young, treats gastrointestinal and urinary disorders, promotes healthy gums, burns fat, and improves brain function.

Olives

They don't just go with your favorite cocktail - these green little guys are great for your health too!

Your heart has a lot to benefit from eating olives, like cutting down on bad cholesterol buildup. This superfood has fat, but only the helpful one (monounsaturated) that actually builds up good cholesterol.

Vitamin E in olives help you get rid of cancerous elements in your body by keeping your cells functioning properly. Free radicals wreak havoc by disrupting normal cell activity, so eating olives introduces antioxidants in your body to keep it running smoothly.

Your skin also gets some love from the same vitamin by way of better sun protection (thus preventing skin cancer). The other great thing about vitamin E is that it deals with the effects of inflammation to reduce the likelihood of related conditions like arthritis.

Your digestive system will be healthier as well, thanks to this superfood's fiber content. It works with the other vitamins to keep your gut clean and full of good bacteria. It even prevents the formation of ulcers and other complications. Lastly, you get a good dose of iron in your system which is great for red blood cell growth and better immunity.

Plantains

Don't confuse this superfood with your regular variety bananas. Instead, think of them as an alter-ego with lower sugar content. These ones are usually cooked as part of Hispanic and Caribbean dishes, or fried as a tasty dessert.

They do have more starch than bananas, so you'll probably want to enjoy plantains as described above rather than eating them raw. That said, you'll get a lot of nutritional value out of them.

First of all, they're rich in potassium, which is great for lowering blood pressure. Also, its fiber helps manage your appetite and assists with cleaning your digestive tract as well. This leads to other benefits, like better heart health and reasonable blood sugar levels.

Vitamin C works well with other nutrients to prevent oxidizing free radicals from forming, which can cause cancer over time. In fact, it can repair damage dealt to cells. It restores your ligaments, cartilage, teeth and bones. Vitamin C is also good for your immune system as it helps vitamin A build up your resistance to illnesses.

Your brain cells will also thrive, thanks to vitamin B6's ability to promote important hormones linked to good mental health. Serotonin for instance, keeps you happy, while melatonin helps you sleep at night. Plantains have magnesium which is responsible for triggering key chemical processes in your system. It also keeps your bones tough against falls and other injuries.

Pomegranate

This superfood has a number of useful applications, starting with its leaves. Pomegranate's skin and leaves can be turned into a drink (such as tea) - this eases discomfort in the digestive tract and stomach brought about by diarrhea and cholera.

Improved blood circulation is another benefit of eating this fruit, thanks to antioxidants that remove bad cholesterol. This keeps arteries clear of any potential clots that could cause life-threatening complications such as a heart attack. Plus, iron in the blood keeps anemia and general weakness at bay.

This superfood also has antibiotic properties to fight germ buildup in the mouth and other parts of the body. As for the brain, pomegranates play a role in preventing neurological diseases like Alzheimer's. They can even help you stay young as they keep your skin and hair looking great.

Tomato

Despite what a lot of people think, this isn't actually a vegetable. Even though it's technically a fruit, it's still the same health-giving superfood you've always known.

Lycopene is one of its key components, and studies show that it's effective in preventing cancer, along with other benefits. This substance helps regulate cell growth and keep them from mutating into cancer. Lycopene is also known to protect the skin from harsh sunlight.

And together with beta-carotene, tomatoes also form an excellent defense against cardiovascular diseases. It greatly reduces levels of oxidation and inflammation which can lead to heart problems and even cancer. Furthermore, lycopene lowers bad cholesterol, further protecting your circulatory system.

Yuzu

This citrus-based fruit might not ring any bells, but it's very much worth knowing. Up until recently, not many people knew about yuzu. However, it's gained more popularity because of its health benefits and versatility.

For example, yuzu complements seafood-based cuisine, can be used as a sauce, or even as part of a dessert. Oil extracted from this fruit can help your skin stay fresh and vibrant. It's also great for blood circulation and improves your resistance against sickness.

Like lemons or limes, yuzu is packed with vitamin C, as well as antioxidants to fight cancerous cell growth. It has qualities related to anti-inflammation, which is also good for preventing cancer, not to mention excessive blood clotting.

NUTS AND SEEDS

Almonds

Almond butter is a personal favorite of mine, and I prefer it over peanut butter because of the higher nutritional value. One of the biggest benefits of this superfood is monounsaturated fat, which is great for cardiovascular health.

There's also vitamin E, which tackles inflammation (which also helps your heart perform better), as well as antioxidants to keep cancer away. Vitamin E pulls double duty, working alongside other nutrients by preventing and reversing skin damage. Pollutants and UV rays can give your skin cells a beating, which is why you'll need all the help you can get.

Even more help comes in the form of calcium, copper, magnesium, manganese and potassium to improve cholesterol levels. These same nutrients also get the drop on diabetes by managing your blood sugar.

Almonds are a great snack that help you think clearly, thanks to the other vitamins that target inflammation, specifically around the brain. This will help reduce the risk of disorders like Alzheimer's and dementia.

Brazil Nuts

This type of nut is also great for the skin on account of the healthy amounts of selenium and other antioxidants. Together, they counteract the effects of aging to keep your cells healthy and intact no matter what.

Furthermore, this superfood has other skin-healing properties which are useful for treating breakouts and other skin-related conditions. Zinc repairs your skin and keeps future damage from setting in.

For people with thinning hair, Brazil nuts will help because selenium also promotes hair growth and stop it from falling. It's also got a lot of fiber per serving, so you can stay full for a longer time instead of snacking on something unhealthy between meals.

Other benefits include lowered cancer risk, improved fertility, good bone growth and slowed aging.

Chia seeds

You can sneak this into a number of dishes and recipes to give your meals a nutrition-packed punch. They've got a good mix of antioxidants, omega-3 fatty acids, and other nutrients like calcium, fiber, iron and protein.

Like the other nuts on this list, chia's antioxidants prevent cell damage that lead to early aging. You've also got good digestive health to look forward to because of the fiber. This cleanses your colon while making you feel fuller longer to help you lose weight.

Lower your cholesterol and improve your arteries with chia's dose of linoleic acid and omega-3. They help you break down vitamins faster and use them when you need it. Your blood pressure goes down and your heart will run more efficiently as a result.

What's more, chia seeds are good for your skeletal system, prevents diabetes and provides high levels of energy even on the most demanding of days.

Flaxseeds

Don't let its small size fool you. This superfood fights just as hard as other nuts because of its nutrient-dense makeup that benefits you in a handful of ways. They're enjoyed whole, or you can also grind them which will give you even more nutrients. As an oil, flaxseed delivers fats that provide a healthy kind of fuel for your body.

It's effective in preventing illnesses like cancer, heart disease and even diabetes. Since they're so small, it's super easy to add them to oatmeal, pastries and all sorts of other food. Flaxseeds blend in like a chameleon while delivering a load of vitamins and minerals to keep you strong and healthy.

Its fiber is great for digestion as it makes waste elimination more efficient, thereby lowering cholesterol. Omega-3 fats are also excellent heart helpers which target the blood and excess inflammation. Flaxseeds are also gluten-free and its antioxidants keep cancer away.

Ginkgo nuts

This has a thick shell and an inner nut with a jade-like shade of green. It's a popular snack in Japan, but it's becoming more and more recognized overseas. In countries such as the U.S., they can be ordered at the local Asian store or even online. Traditionally, they're found in desserts and porridges, but ginkgo nuts can also be eaten on their own. You need to cook them (in a pan with oil) as they're toxic in their raw form.

Other than that however, you'll have no problem enjoying this tasty treat and adding it to your list of superfoods to regularly eat. It's a cholesterol-lowering food and can even play a key role in preventing cancer. The antioxidants in these nuts nip cancer formation in the bud. They halt the damage to cells dealt by oxidizing agents in the body.

Even better is that ginkgo nuts also clear away deposits of harmful fat around the brain. In effect, this improves neurological and cognitive performance to keep you fully alert and your wits sharp.

Macadamia nuts

Widely known for being part of chocolate treats, this superfood is filled to the brim with vitamins A, and other elements such as folate, iron, manganese and protein. You'll also get a nice serving of good fats as well as antioxidants.

Naturally, Macadamia nuts provide a ton of benefits for your body, starting with the cardiovascular system. Blood vessels and arteries are well-taken of because of the good fats that don't clog the heart. Plus, macadamia lowers bad cholesterol to keep your ticker healthy.

Plant-based compounds also act as antioxidants. Once they're in your system, they stand guard against toxic substances that damage cells. This is the root cause of many illnesses such as cancer, so this superfood helps deal with it before it becomes a problem.

And the nice thing about these type of nuts is that they actually help you burn fat, thanks to palmitoleic acid. This handy compound is crucial in jumpstarting your metabolism and speed up your weight loss efforts.

Pine nuts

This superfood has quite a history to it, going back to several thousand years ago. Legend has it that these little guys fueled the Roman army during the height of their reign.

Today, people around the world enjoy pine nuts for their flavor and nutritional perks. It's full of good fats that benefit your heart, lowers cholesterol and even keeps you satisfied longer. They're also touted as a weight-loss aid because studies have linked eating pine nuts to a better body mass index and reduced risk of diabetes.

They're also an effective source of vitamin K, which primarily keeps your bones strong while working with other nutrients for even more benefits. Cancer is also something pine nuts deal with - specifically, lowering your risk of getting it.

If that's not enough, lutein enhances eyesight, while magnesium improves your brain health and keeps you happy.

Pumpkin seeds

Say hello to another magnesium-rich superfood. This single nutrient takes care of bone health, helps your heart run properly, benefits blood vessels and even helps with digestive functions.

Meanwhile, zinc keeps your cells nice and happy, regulates your emotions, keeps your senses sharp, and even help men in the reproductive health department.

These seeds are hard at work giving other benefits, such as preventing diabetes, easing the symptoms of postmenopause, and protecting organs like the heart, liver and prostate.

And like goji berries, they help you produce melatonin which is a hormone associated with sleeping. Take these at night to sleep better and wake up refreshed!

Sesame seeds

These are popular across a number of dishes in various cultures, and their distinct taste make them a hit with food lovers everywhere.

Good fats and antioxidants work together to lower cholesterol, reduce blood pressure, improve heart health and stop cancer before it develops. This superfood has other useful applications, such as keeping hormonal levels even and providing expecting mothers with excellent nutrition.

Similar to other foods in this category, sesame seeds also increase metabolism which helps burn fat more efficiently. Vital organ functions are also covered, thanks to nutrients like copper, iron, magnesium, manganese, phosphorus, and potassium.

Sunflower seeds

While this flower is pretty to look at, you should also pay attention to its nutrient-packed seeds. This superfood hates all sorts of health problems such as inflammation, weight gain, and cardiovascular disease.

Vitamin E steps up to protect you in different ways. For instance, it's an anti-inflammation nutrient that helps prevent strokes and brain problems like Alzheimer's. It also brings down your blood pressure, reduces clogging of the arteries and stops free radicals from damaging cells.

Next, elements like iodine and selenium balance hormonal levels and keeps your thyroid gland healthy. Maintaining this part of your body is important because it helps manage vital processes related to weight management, energy levels, and your temperature.

Other benefits include increased bone health and better mood regulation thanks to magnesium other vitamins.

HERBS AND SPICES

Basil

As part of the mint family, this herb doesn't just add aroma and flavor to your dishes. It also has plenty of benefits to go with its meal-enhancing properties.

Like the other superfoods you've read about, basil also has remarkable cancer-fighting abilities, thanks to antioxidants that protect cell integrity against harmful free radicals. This is related to the anti-inflammatory benefits which play a part in both cancer prevention and treating illnesses.

It's also effective against bacteria and viruses by destroying key cells before they can spread in the body. Basil is even healthy for your brain - this superfood can lift your spirits and protect vital cognitive functions.

Your heart and the rest of your cardiovascular system will enjoy perks like lower blood pressure and reduced buildup around arteries. Basil can also cleanse your system of fat in your liver and other toxic substances that you'll easily flush out. Even conditions like diabetes won't be an issue because of your perfectly balanced blood sugar levels.

Cardamom

This spice first appeared in Asian regions such as India, but it's now widely used in a lot of other countries as well. They're mainly effective against cancer and heart disease. This superfood is full of good nutrients, as well as energy and fiber.

Studies have shown a significant effect against colon cancer as well as reducing hypertension. Lowered cholesterol levels are another benefit which greatly improves cardiovascular health.

Its unique fragrance has been linked to treating other conditions like anxiety and depression. Your digestive system also benefits from cardamom, thanks to the plant-based compounds that preserve the delicate equilibrium in your gut.

Furthermore, this spice has antibacterial and anti-inflammatory properties that fight infection and muscle pains. It's also good for your oral health and for managing the intestinal flora in your digestive tract, which is an important part of your overall well-being.

Cinnamon

They're great in desserts, and even better as a healing superfood. Over the centuries, cinnamon has been used to treat a number of problems and deliver nutritional benefits to your system.

It's actually very potent because even half a teaspoon of this spice is enough to boost your immune system, improve blood sugar, help you digest food better and prevent diabetes.

Antioxidants in cinnamon go after free radicals to liberate your body of these cell-damaging invaders. As people get older, free radicals build up and oxidize to wreak havoc on your body. With this spice at your side, you'll push it back and live longer.

Anti-inflammation is also part of the package. Problems like chronic pain, arthritis, swelling, and even neurological degradation can all be prevented by adding this superspice to your everyday meals. You'll get some heart-related benefits as well because cinnamon turns the tide against harmful cholesterol and high blood pressure.

Cumin

These seeds pack a serious punch when it comes to taste and health. They've got a flavor and aroma profile like no other superfood, and they go very well in various dishes. They make for a good addition to sauces and soups as well.

As versatile as cumin is in the kitchen, it's also dense with nutrients to keep you healthy. For example, cumin contains plant-based compounds that tell your body to digest better. Plus, the fiber content acts as a cleansing agent that clears away toxic buildup in your intestines.

You'll also have a stronger immune system as well, thanks to the vitamin C content that combats cells damage. This even has anti-inflammatory properties as well, which means your risk of getting cancer and heart disease goes down.

You'll breathe easier too, thanks to the respiratory benefits of cumin. It helps loosen phlegm and heals your air passageways in the process. As a result, you'll stop coughing much sooner and get on with your day.

Garlic powder

As a spice, garlic offers life-extending perks, such as lowered cholesterol and improved overall cardiovascular health.

Even better news is that it's pretty much everywhere. You'll find it in a number of foods, which include but are not limited to Italian cuisine (pizza and pasta), along with different soups, salads and sauces.

It has calcium, fiber, iron, magnesium and vitamins B6 and C. These work together to prevent illnesses like cancer, for instance.

Antioxidants are part of what makes garlic powder so effective - it fights free radicals and keeps them from harming your cells and organs. Heart problems are also less of a threat because this spice balances your cholesterol levels so you have more of the good kind than the bad.

Garlic is a natural antibiotic as well, which makes it a good building block of your immune system. You'll also digest food and excrete waste better because of the fiber content. This is connected to other benefits, like reducing the risk of cancer and heart attacks.

Nutmeg

This is a superspice with a lot more going on than its flavor. Eastern medicine regards nutmeg as a pain remedy and sleep inducer. Next, it targets bacteria in the body, such as the oral cavity. As such, bad breath and other dental problems are under control.

Flushing out toxins and other harmful elements from your body is another of nutmeg's specialities. If you have tummy trouble like constipation or diarrhea, this spice will take the edge off. Other organs such as the kidney and liver get some benefits too, thanks to nutmeg's cleansing properties.

Best of all, you can think better with this spice as it helps with cognitive health. Certain compounds in nutmeg have been proven to delay the aging process in regions of the brain. This way, you'll lower the risk of Alzheimer's and dementia.

Rosemary

As an oil, this herb has an aroma that carries powerful compounds with all sorts of beneficial effects.

Rosemary is good for boosting your memory, keeps you focused and helps you stay sharp. Inhaling its essence also has an effect on your gray matter as it prevents neurological disorders that come with old age.

It's a good stress reliever too, as the scent of rosemary limits the production of stress-related hormones, not to mention the reduction of cell-destroying free radicals.

Applying the oil to your scalp promotes hair growth and prevents dandruff buildup. It also serves another role by clearing your liver. Not just that, it triggers a response in your gallbladder so it produces adequate amounts of bile. This is important because bile helps break down food along with toxic substances in your system.

Turmeric

This yellow-colored powder is a wonderful part of curry-based dishes, and it's packed with antioxidant properties. You can prevent cancer with this main component as it breaks down free radicals like the other superfoods.

Also, turmeric keeps the body's natural inflammatory response in check. Normally, you need some inflammation to get rid of biological threats, but too much of it can lead to all sorts of illnesses. Cardiovascular disease, cancer and neurological disorders are just some of them. With this spice however, you can manage this basic function and keep it

from turning against you.

Turmeric also helps with brain cell growth, which is especially important as you get older. Brain tissue tends to decline, and this accelerates if there are other complications involved, like cell degeneration. Thus, a serving of this spice can help reverse damage caused by aging. This way, you can keep Alzheimer's and other conditions out of the picture.

Thyme

Your body has a lot to benefit from this superherb. Thyme helps you deal with nasty coughs and even respiratory infections like bronchitis. Even heavyweights like cancer will have a hard time with thyme's natural compounds like carvacrol. Research shows it can limit the proliferation of harmful cells found in the colon, lungs, mouth and brain.

Speaking of which, studies also show that thyme affects brain chemistry which in turn, makes you feel better. Feel-good chemicals in the brain such as dopamine and serotonin have been observed to increase after using this herb as a treatment.

Cardiovascular health is another benefit that you shouldn't ignore. Thyme has been shown to significantly reduce bad cholesterol and blood pressure. Better yet, this superherb is a fantastic sore throat remedy when consumed as a tea. It targets the mouth and throat, clearing these areas of bacteria and other microorganisms.

NOW WHAT?

You've made it to the end of this book, good work!

You now have a list of the best foods you can use in your journey for good health. Don't forget to have this book handy if you need ideas for healthy ingredients in your next meal.

But before you go off shopping or cooking, let me leave you with some advice: changing the way you eat **isn't** an overnight process.

Like any major decision in your life, going through the *actual process of change* will take time.

As with any habit, it's going to take **practice and repetition**. So you might find yourself stumbling a little bit as you get used to eating healthier, but that's OK.

No one expects you to pull off a perfect streak of eating healthy food 24/7, especially at the beginning.

What's important is that you get started **TODAY**, then do the best you can. You'll hit your stride soon enough.

When the healthier days start to outnumber the not-so-healthy ones, that's when you know you're making progress.

A couple of famous quotes come to mind, which are:

- "You are what you eat."
- "We are what we repeatedly do."

These words couldn't be more fitting to your situation now, so keep them in mind as you move forward in this exciting, new direction.

One last thing: a lifestyle built on good eating doesn't exist in a vacuum.

Keep educating yourself, learn the latest news in health and nutrition, and deepen your understanding of how food impacts your life daily.

This book is just one part of **Food, Health and You**, so I encourage you to take advantage of everything else we have to offer.

If you haven't done so yet, check out our eye-opening documentary series which talks about topics like:

- The terrifying truth behind sugar
- The REAL way to burn fat (and keep it off!)
- The dangers of taking “quick fix” medications (and what the Big Pharma doesn't want you to know!)
- Why food is making you depressed
- Why cancer is just the symptom, **NOT** the sickness
- Watch it here now: **insert link to member's area page with the videos**

Remember, this is your opportunity to start a lifelong habit that won't just extend your life, but make it brighter, happier and fill it with boundless energy!

APPENDIX: QUICK GUIDE TO BENEFITS

For your convenience, you can refer to this section to know the healing benefits of each food listed in this book.

Vegetables

Artichokes: anti-inflammatory, cancer fighter, good for gut health, heart-friendly

Arugula: anti-inflammatory, bone grower, brain builder, cancer fighter, immunity booster, low-calorie

Aubergine (eggplant): cancer fighter, good for gut health, low-calorie

Amrud (Guava): cancer fighter, diabetes buster, heart-friendly, UV protection

Asparagus: anti-inflammatory, bone grower, cancer fighter, diabetes buster, heart-friendly, low-calorie

Broccoli: cancer fighter, good for gut health, heart-friendly, immunity booster, low-calorie, low-carb, promotes eye health

Broccoli: bone grower, cancer fighter, good for gut health, heart-friendly, immunity booster

Beet greens: bone grower, cancer fighter, diabetes buster, good for gut health, heart-friendly

Bok choy: anti-inflammatory, cancer fighter, bone grower

Brussels sprouts: anti-inflammatory, cancer fighter, good for gut health, heart-friendly

Cabbage: anti-inflammatory, bone grower, cancer fighter, good for gut health, heart-friendly, immunity booster

Cauliflower: anti-inflammatory, cancer fighter, heart-friendly, good for gut health

Celery: anti-inflammatory, cancer fighter, good for gut health, heart-friendly

Chives: brain builder, cancer fighter, good for gut health, heart-friendly, low-calorie, promotes eye health

Collard greens: anti-inflammatory, cancer fighter, diabetes buster, good for gut health, sleep aid

Daikon: anti-inflammatory, cancer fighter, good for gut health, immunity booster

Endives: anti-inflammatory, bone grower, brain builder, cancer fighter, heart-friendly, promotes eye health

Fennel: anti-inflammatory, good for gut health, heart-friendly, good for the respiratory system

Fiddleheads: cancer fighter, diabetes buster, heart-friendly, low-calorie, promotes eye health

Garlic: cancer fighter, heart-friendly

Ginger: anti-inflammatory, cancer fighter, diabetes buster, good for gut health, heart-friendly

Kale: anti-inflammatory, cancer fighter, good for gut health, heart-friendly, low-calorie, low-carb, promotes eye health

Kohlrabi: bone grower, good for gut health, immunity booster, heart-friendly, promotes eye health

Leeks: anti-inflammatory, cancer fighter, heart-friendly, immunity booster

Mushrooms: anti-inflammatory, cancer fighter, immunity booster, low-calorie, low-carb

Mustard greens: anti-inflammatory, cancer fighter, bone grower, brain builder, heart-

friendly, promotes eye health

Okra: brain builder, good for gut health, heart-friendly, immunity booster

Onions: anti-inflammatory, cancer fighter, diabetes buster, good for the respiratory system (prevents asthma)

Peppers: anti-inflammatory, brain builder, cancer fighter, diabetes buster, heart-friendly, immunity booster

Pumpkin: cancer fighter, heart-friendly, good for gut health, low-calorie

Root vegetables: anti-inflammatory, brain builder, cancer fighter, good for gut health, heart-friendly, immunity booster, promotes eye health (especially carrots)

Rhubarb: bone grower, cancer fighter, good for gut health, heart-friendly, promotes eye health

Romaine Lettuce: anti-inflammatory, bone grower, cancer fighter, good for gut health, heart-friendly, immunity booster, promotes eye health

Salsify (Oyster Plant): anti-inflammatory, cancer fighter, diabetes buster, good for gut health, immunity booster

Spinach: anti-inflammatory, brain builder, cancer fighter, diabetes buster, good for gut health, heart-friendly, immunity booster, promotes eye health

Sweet corn: cancer fighter, diabetes buster, good for gut health, low-calorie, promotes eye health

Swiss chard: bone grower, cancer fighter, heart-friendly

Water chestnut: cancer fighter, heart-friendly, good for gut health, immunity booster, low-calorie

Fruits

Apricot: cancer fighter, heart-friendly, good for gut health, low-calorie

Avocado: cancer fighter, bone grower, immunity booster, promotes eye health

Blackberry: bone grower, brain builder, good for gut health, heart-friendly

Blackcurrant: cancer fighter, diabetes buster, immunity booster, promotes eye health

Chico: bone grower, cancer fighter, good for gut health, heart-friendly, immunity booster, low-calorie, promotes eye health

Coconut: brain builder, cancer fighter, diabetes buster, energy giver, immunity booster

Cucumber: anti-inflammatory, cancer fighter, energy giver, heart-friendly, immunity booster,

Dates: bone grower, cancer fighter, good for gut health, heart-friendly

Dragonfruit: bone grower, cancer fighter, diabetes buster, good for gut health, immunity booster

Durian: bone grower, brain builder, cancer fighter, heart-friendly, immunity booster,

Feijoa: brain builder, cancer fighter, diabetes buster, good for gut health, heart-friendly, immunity booster,

Goji berries: anti-inflammatory, brain builder, cancer fighter, immunity booster, good for gut health, sleep aid

Kiwano: bone grower, cancer fighter, good for gut health, immunity booster, promotes eye health

Kiwifruit: cancer fighter, energy giver, good for gut health, heart-friendly, promotes eye health

Mangosteen: anti-inflammatory, brain builder, cancer fighter, good for gut health, heart-friendly, promotes eye health

Olives: anti-inflammatory, cancer fighter, good for gut health, heart-friendly, immunity booster, UV protection

Plantains: bone grower, brain builder, heart-friendly, immunity booster, sleep aid

Pomegranate: brain builder, good for gut health, heart-friendly

Tomato: anti-inflammatory, cancer fighter, heart-friendly, UV protection

Yuzu: cancer fighter, heart-friendly, immunity booster

Nuts and Seeds

Almonds: anti-inflammatory, brain builder, cancer fighter, diabetes buster, heart-friendly, UV protection

Brazil nuts: bone grower, cancer fighter, good for gut health

Chia seeds: bone grower, cancer fighter, energy giver, diabetes buster, heart-friendly

Flaxseeds: cancer fighter, diabetes buster, good for gut health, heart-friendly

Ginkgo nuts: brain builder, cancer fighter, heart-friendly

Macadamia nuts: brain builder, cancer fighter, heart-friendly,

Pine nuts: bone grower, brain builder, diabetes buster, promotes eye health

Pumpkin seeds: bone grower, brain builder, diabetes buster, good for gut health, heart-friendly, sleep aid

Sesame seeds: brain builder, cancer fighter, heart-friendly,

Sunflower seeds: anti-inflammatory, bone grower, brain builder, cancer fighter, heart-friendly

Herbs and Spices

Basil: anti-inflammatory, brain builder, cancer fighter, diabetes buster, heart-friendly, immunity booster

Cardamom: anti-inflammatory, brain builder, cancer fighter, good for gut health, heart-friendly

Cinnamon: cancer fighter, diabetes buster, good for gut health, heart-friendly, immunity booster

Cumin: anti-inflammatory, cancer fighter, good for gut health, heart-friendly, immunity booster, good for the respiratory system

Garlic powder: cancer fighter, good for gut health, heart-friendly, immunity booster

Nutmeg: brain builder, good for gut health, immunity booster, sleep aid

Rosemary: brain builder, cancer fighter, good for gut health

Turmeric: anti-inflammatory, brain builder, cancer fighter, heart-friendly

Thyme: brain builder, cancer fighter, heart-friendly, immunity booster, good for the respiratory system