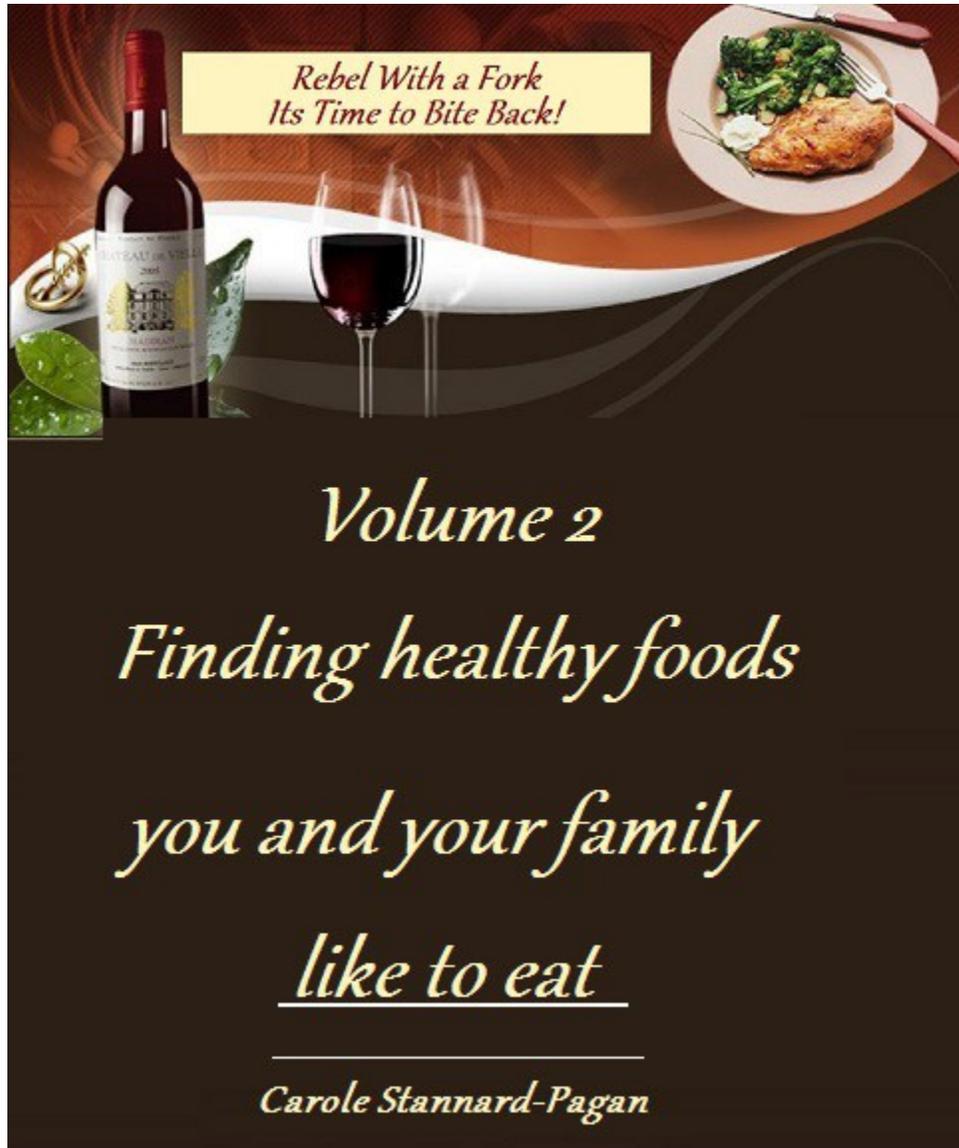


# 100 Healthy Foods That Will Make You Thinner, Healthier, Smarter, Younger, And Keep You Filled With Boundless Energy

How you can maintain a healthy diet without dying of boredom



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## Important -

The information here is not intended to diagnose or take the place of any medical advice. Do not stop taking any medications without working closely with your doctor. If you are sick, seek medical advice. Use common sense.

## Introduction

The newest buzzword is functional foods. Foods that deliver the biggest nutritional and healing benefits. When you think of healthy foods, you think of weird things like tofu, soy, prairie grass (just kidding about the prairie grass...)

Healthy eating just doesn't sound like much fun, does it?

But what if you found out that there are healthy foods **that you like** that have super powers?

I was stunned when I started studying healthy foods. Real food is incredible! Food has the power to prevent disease, keep your brain healthy, your eyesight strong, your skin glowing, and so much more.

And the more of these foods I ate, the more weight I lost. I wasn't looking to lose weight – it just happened.

Everyone is always looking for some magic food. The truth is, most real food has health benefits. Where we've gotten off track is depending on fake industrial foods and wondering why we're not healthy.

This book will help you get excited about real foods. You will be shocked and amazed at the superpowers contained in everyday foods.

I warn you though – this may start an obsession.

A couple of notes -

You will find a couple of listings with the number 0. While I felt they were important to discuss, I found them to be neither good or bad.

You will find a couple of foods with a negative number. These are foods that are touted as being healthy that you should not eat.

OK – Let's Dig In!

# Table of Contents

[Important -](#)

[Introduction](#)

[0. Acai Berry](#)

[1. Almonds](#)

[2. Apple Cider Vinegar](#)

[3. Apples](#)

[4. Asparagus](#)

[5. Avocado](#)

[6. Balsamic Vinegar](#)

[7. Banana](#)

[8. Beans](#)

[9. Beer](#)

[10. Berries](#)

[11. Black Tea](#)

[12. Bran](#)

[13. Broccoli](#)

[Broccoli Spouts](#)

[14. Brown Rice](#)

[15. Brussels Sprouts](#)

[16. Cabbage](#)

[17. Cantaloupe](#)

[18. Carrots](#)

[19. Cashews](#)

[20. Cauliflower](#)

[21. Cayenne Pepper](#)

[22. Chamomile Tea](#)

[23. Cheese](#)

[24. Cherries](#)

[25. Chicken](#)

[26. Chicken Soup](#)

[27. Chili Peppers](#)

[28. Chocolate](#)

[29. Cinnamon](#)

[30. Coconuts](#)

[31. Coffee](#)

[-3. Corn](#)

[32. Cranberries](#)

[33. Cucumbers](#)

[34. Curry](#)

[35. Dark Green Vegetables](#)

[36. Dates](#)

[37. Dill](#)

[38. Eggplant](#)

[39. Eggs](#)

[40. Fish](#)

[41. Flax seed](#)

42. Fruit  
43. Garlic  
44. Ginger  
45. Grapefruit  
46. Grapes  
47. Green Peppers  
48. Green Tea  
49. Herbs  
50. Honey  
51. Hot Peppers  
52. Kale  
53. Lemons  
54. Mango  
55. Maple Syrup  
56. Meat  
-1. Milk  
57. Mint  
58. Mushrooms  
59. Mustard  
60. Nutmeg  
61. Nuts  
62. Oat Bran  
63. Oatmeal  
64. Olive Oil  
65. Onions  
66. Oranges, Lemons, Limes  
67. Parsley  
68. Pasta  
69. Peanut Butter  
70. Peanuts  
71. Peppermint  
72. Peppers – Bell  
73. Pickles  
74. Pineapple, Kiwi, Papaya  
75. Plums  
76. Pomegranate  
77. Popcorn  
78. Potatoes  
79. Prunes  
80. Pumpkin  
81. Raspberries  
82. Red Grapefruit  
83. Red Peppers  
84. Rye  
85. Safron  
86. Sage  
87. Salad Dressing  
88. Salmon  
89. Sardines

90. Seaweed

91. Sesame Seeds

-2. Soy

92. Spinach

93. Strawberries

94. Sunflower Seeds

95. Sweet Potatoes

96. Tomatoes

Tomato Juice

97. Tuna

98. Turkey

99. Vinegar

100. Walnuts

101. Water

102. Watermelon

0. Whole Grains

103. Wine

104. Yogurt

What Will You Do Now?

## 0. Acai Berry



Actually a fairly new discovery – found in Brazil in 1999.

According to the hype, they have -

- as much calcium as milk,
- more antioxidants than blueberries,
- more nutrients than a multi-vitamin,
- and deliver a caffeine-like energy boost.

And the taste will remind you of chocolate & cherries.

You can find Acai berry in all kinds of things now. What I wonder about is how many of the nutrient benefits actually survive all of the processing. Unless you can find fresh berries, I doubt that you'll feel much real benefit. Personally, I take all the hype with a grain of salt.

# 1. Almonds



Almonds have been used since the middle ages to relieve heartburn. But now we know they do a lot more for your health.

A one-and-a-half ounce handful of almonds, is a great source of antioxidants, vitamin E and magnesium and contains protein, fiber, potassium, calcium, copper, phosphorus and iron. Plant based Vitamin E is the most beneficial form of this powerful antioxidant.

Almonds and other nuts contain phytochemicals that have been shown to protect against heart disease, stroke, and other chronic diseases.

The FDA, who does not support using food or supplements for optimal health actually allows the following nuts to be included in the new claims: almonds, hazelnuts, pecans, pistachios, walnuts and peanuts.

Almonds contain ALA, and can reduce cholesterol as well as prescription drugs and reduce triglycerides.

Almonds contain more calcium than any other nut.

Nuts also contain L-Arginine which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system.

Nuts do contain fat, but its the healthy fat that your body needs to function properly. They are high in calories, so don't over do it!

## 2. Apple Cider Vinegar

Vinegar is a natural antibiotic. It triggers your immune system to stop the growth of microbes.

Vinegar also helps stop sugar level surges after a meal.

But apple cider vinegar is a powerhouse of vitamins and minerals and has been used for centuries to heal all sorts of ailments.

Apple cider vinegar contains Vitamin C, Vitamin E, Vitamin A, Vitamin B1, Vitamin B2, Vitamin B6, beta-carotene, bioflavonoids, Potassium, Calcium, Magnesium, Phosphorous, Chlorine, Sodium, Sulfur, Copper, Iron, Silicon, and Fluorine.

Advocates say that it regulates metabolism, balances pH, reduces inflammation, reduces bloating and water retention, removes excess sodium, help control high blood pressure, clears arteries, lowers cholesterol, and increases memory and concentration.

It's been used for leg cramps, upset stomachs, sore throat, sinus problems, high blood pressure, obesity, osteoporosis, and arthritis, rid the body of toxins, improve concentration, slow aging, reduce cholesterol, and fight infection, treat acne, sunburn, shingles, and insect bites, as a skin toner, to treat dandruff, and to treat vaginitis.

The recommended amount is 2 tablespoons in a glass of water daily. If you can handle the taste, you're a better person than I!

### 3. Apples



Apples and grapes contain anti-inflammatory compounds that help stop swelling of nasal passages. They help relieve diarrhea. And apples are rich in fiber.

Recent studies show that apples may improve brain health by promoting memory and learning and reduce oxidation cell damage in the brain. Apples rank among the top three fruits in total phenolic content, an important class of phytonutrients which reduce risk of some cancers, cardiovascular disease, asthma, and diabetes.

The peels have the most antioxidants. Boy, when I think about how many apple peels I've thrown away! Now if I have to peel apples, I'll actually snack on them while I'm cooking. The dog loves them too.

Apples also contain silicon, which stimulates collagen production for healthy bones and great looking skin.

But – commercial apples are filled with pesticides that you can't wash off. You want only organic apples. This is one food where you definitely want to spend the money on organic.

## 4. Asparagus



Asparagus is detoxifying and a diuretic that helps body remove excess fluids by stimulating the kidneys. It's known for giving urine a strong smell after you've eaten it.

Asparagus is high in folate, B vitamins, potassium - but also has Vitamin K, Vitamin C, Vitamin A, rutin, manganese, glutathione, tryptophan, copper, phosphorous, iron, magnesium, protein, zinc, selenium, and a little calcium. It's also a fair source of fiber.

It helps prevent heart disease and arteriosclerosis.

Asparagus also helps balance intestinal flora by increasing "good" bacteria.

Asparagus was believed to improve fertility, reduce menstrual cramps, increase milk production for breast feeding mothers, and even as an aphrodisiac.

I'm actually surprised at how many people actually like asparagus. Maybe it has something to do with that aphrodisiac thing...

## 5. Avocado



Avocados are one of the few natural sources of Lutein which reduces the risk of heart disease and stroke, and age related macular degeneration.

They also contain beta-sitosterol - a plant sterol, which lowers cholesterol by blocking the absorption of bad cholesterol in the intestine.

Avocados are also high in Vitamin B, E, and K, magnesium, folate, potassium, glutathione, monounsaturated fats, and omega-3 fatty acids.

**Warning:** Avocados, bananas, eggplant, pineapple, plums, tomatoes, and walnuts contain large amounts of serotonin. Which normally is a good thing. Serotonin is the feel good chemical. But - eating them seventy-two hours before a carcinoid tumor test can create a false-positive result. Carcinoid tumors sometimes arise from tissues of the endocrine or gastrointestinal systems and secrete serotonin, a chemical that causes blood vessels to expand or contract. Because serotonin is excreted in the urine, these tumors are diagnosed by measuring the serotonin levels in the urine, and eating these foods before such a test can indicate tumors when in fact none are present. These foods should be avoided before undergoing such a test.

## **6. Balsamic Vinegar**

Vinegar is a natural antibiotic. It triggers your immune system to stop the growth of microbes.

Vinegar also helps stop sugar level surges after a meal.

Balsamic Vinegar also has the added benefit of antioxidants, making this a powerful disease fighting addition to your diet.

Remember, the more natural color a plant based food has, the more nutrients it has.

## 7. Banana



Bananas are high in magnesium, potassium, pectin - making them good for almost every part of your body. Not only do they supply much needed electrolyte potassium, but the magnesium and pectin make bananas good for your eyes and beautiful skin.

You can't go wrong with bananas. It can be a quick easy snack, part of a fast breakfast, or a delectable dessert.

Banana's slowly absorbed sugars help moderate radical swings in blood sugar. Bananas greatly decrease risk of strokes.

Bananas will help your body remove excess fluids, so eat one if you're feeling bloated.

And you thought they were only good for potassium!

**Warning:** Avocados, bananas, eggplant, pineapple, plums, tomatoes, and walnuts contain large amounts of serotonin. Which normally is a good thing. Serotonin is the feel good chemical. But - eating them seventy-two hours before a carcinoid tumor test can create a false-positive result. Carcinoid tumors sometimes arise from tissues of the endocrine or gastrointestinal systems and secrete serotonin, a chemical that causes blood vessels to expand or contract. Because serotonin is excreted in the urine, these tumors are diagnosed by measuring the serotonin levels in the urine, and eating these foods before such a test can indicate tumors when in fact none are present. These foods should be avoided before undergoing such a test.

## 8. Beans



Beans are full of protein, iron, folic acid, folate\* and fiber.

They're low fat yet high in complex carbohydrates, phytochemicals and protease inhibitors (cancer).

Black Beans are a great source of fiber and protein, and antioxidants. They have 10 times the antioxidants found in oranges and they are the highest source of zinc of any of the vegetables. And they're low in fat.

A former school nurse just informed me that corn and beans form a complete protein – for the vegetarians.

\*Folate deficiency has been linked to depression.

## 9. Beer



Beer? That's a shocker, isn't it?

Beer contains silicon which stimulates collagen production- good for your skin, and helps build bone.

And now they're saying that one beer a day provides the same health benefits as wine, reducing your risk of heart disease and stroke.

The main problem here is that the benefits are limited to one beer a day. More than that actually has adverse effects. And no, you can't save up and drink 7 beers on Saturday. Up to 5 drinks a week can help you raise your good cholesterol, which helps your body get rid of bad cholesterol. Careful – high in calories!

Also Note - Drinking alcohol on an empty stomach can raise blood pressure by as much as 40%.

## 10. Berries



Blackberries, Blueberries, Strawberries, and Red Grapes all help prevent clot formation and inhibit tumor growth.

Berries also contain anthocyanins, which are a natural energy enhancer. Anthocyanins also protect our blood vessels from damage that can cause clogged arteries. Anthocyanins are also good for keeping your brain healthy and your memory strong.

Blueberries also contains flavonoids called oligomeric proanthocyanidins or OPCs. These help stop the oxidation of bad cholesterol. They may also help prevent plaque build up in the arteries, which helps ward off heart disease, stroke, and varicose veins.

Blackberries are a good source of calcium and contain Quercetin, which acts like a natural anti-histamine.

Berries are a great tasting health food, aren't they? Try them on pancakes, waffles, ice cream, in your yogurt, smoothies, or just by themselves.

## 11. Black Tea



Drinking black or green tea with a meal helps fight off the effects of fatty foods. Fatty foods constrict blood vessels. Antioxidants in black and green tea help keep your blood vessels open.

Any food that can do that magic trick is pretty super, wouldn't you say?  
(especially if you've ever worried about clogged arteries)

## 12. Bran



Bran contains insoluble fiber that helps keep digestive track clean. That means you won't have a build up of toxic waste in your system waiting to cause problems.

A ½ cup of bran flakes every morning can reduce your risk of polyps by 30%. Bran also reduces risk of colon cancer.

And it's a lot safer than dangerous detox products as long as you don't overdo it.

## 13. Broccoli



Talk about a super food!

Broccoli is high in fiber, vitamin c, vitamin A, carotenoids, calcium, and folic acid.

The isothiocyanates in broccoli stimulate the liver to break down pesticides and other carcinogens. (colon cancer)

Cruciferous vegetables contain sulforaphane which is said to not only prevent changes that can lead to cancer in breast cells, but also has been found to stop the growth of malignant breast cells by stopping the cancer cell's ability to divide. A famous John Hopkins study in 1992 found that broccoli helped prevent the growth of tumors, and reduced the size of the tumors that did grow by up to 75%.

Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts) help to remove excess estrogens from your body. See the Warning under Soy to learn why this is important.

Broccoli also contains alpha-lipoic acid, or A.L.A. which strengthens cell metabolism of liver and heart cells making them better able to withstand our abuse.

Broccoli is high in magnesium. Magnesium deficiency is linked to eye sight problems, bone loss, heart disease, colon cancer, and even MS.

Broccoli also contains indole-3-carbinol which makes it harder for estrogen to bind to breast tissue which reduces monthly type breast pain.

BUT – broccoli must be exposed to heat to release the indole-3-carbinol, which is a disappointment to us – we like it raw. Place in the microwave with just the water left on it from washing for just a couple of minutes. Eat immediately. Do not over cook. There's nothing worse than mushy broccoli.

One of my favorites is [Broccoli Salad](#).

## **Broccoli Spouts**

Even more power packed than regular broccoli, and they don't have to be cooked to release their powerful chemical compounds. They contain a huge amount of the cancer fighting compound sulforaphane.

Could broccoli be the next natural cancer vaccine?

## 14. Brown Rice



Brown rice contains three times the amount of calcium of white rice. The complete milling and polishing that converts brown rice into white rice destroys 67% of the vitamin B3, 80% of the vitamin B1, 90% of the vitamin B6, half of the manganese, half of the phosphorus, 60% of the iron, and all of the dietary fiber and essential fatty acids in order to extend shelf life. Fully milled and polished white rice is required to be "enriched" with vitamins B1, B3 and iron.

Brown rice is a great source of essential nutrients, fiber and antioxidants, helping you avoid heart disease and diabetes.

## 15. Brussels Sprouts



Brussels Sprouts are like mini cabbages. As part of the cruciferous vegetable family, they contain indole-3-carbinol which makes it harder for estrogen to bind to breast tissue which reduces monthly type breast pain.

Cruciferous vegetables contain sulforaphane which is said to not only prevent changes that can lead to cancer in breast cells, but also has been found to stop the growth of malignant breast cells by stopping the cancer cell's ability to divide.

They have sort of a nutty flavor. Get brave and at least try 'em! I recently saw a kid eating a plateful of them over at Golden Coral. People who love them **really** love them!

And then there's the rest of us – but you won't know until you try it.

## 16. Cabbage



Cabbage is a member of the cruciferous family like broccoli and cauliflower. Cruciferous vegetables contain sulforaphane which is said to not only prevent changes that can lead to cancer in breast cells, but also has been found to stop the growth of malignant breast cells by stopping the cancer cell's ability to divide.

Cabbage also contains indole-3-carbinol which makes it harder for estrogen to bind to breast tissue which reduces monthly type breast pain.

Cabbage has also been reported to reduce colon cancer risk.

Try stuffed cabbage or new coleslaw variations.

## 17. Cantaloupe



This is my favorite skin care food! Just a  $\frac{1}{4}$  melon supplies almost a full day's worth of vitamins C and A.

Red, yellow and orange fruits and vegetables contain carotenoids, which help reduce sunburn, a factor in skin cancer. Protection from the inside! (But you still need to use sunscreen if you're going to be out in the sun for a long time.

Cantaloupe contains more vitamin A than most vegetables. Melons also contain silicon which stimulates collagen production for healthy bones and great looking skin.

If you want great looking skin, and great health, enjoy cantaloupe more often!

Make sure to wash the outside thoroughly before cutting into it. Even though we don't eat the rind, germs can ride on the knife and be spread to the meat inside as you cut.

## 18. Carrots



Carrots contain carotenoids that help reduce your risk of heart disease and skin cancer.

New studies show they're not as effective as previously thought in preserving eyesight - though the Chinese use carrots stir fried in a bit of oil to treat night blindness. Like many vegetables, carrots need some fat for your body to properly absorb all of the nutrients. That means the best way to eat carrots would be on a salad with some sort of olive oil based dressing.

Carrots have been used in many cultures to reduce menstrual pain.

Carrot juice helps to relieve diarrhea.

It's a handy, healthy snack providing calcium, iron, fiber, vitamin B1, vitamin B2, vitamin B6, vitamin C, vitamin K, biotin, potassium and thiamine in addition to the beta-carotene that your body uses to produce vitamin A.

Raw carrots require a lot of energy to eat and digest. That means you are burning the calories as you're taking them in. How's that for a super snack?

## 19. Cashews



Go ahead - have a handful. If you really need a reason to indulge - read on...

Cashews are high in Copper which is important for skin, bones, hair, joints, blood vessels.

They are also very high in magnesium. Magnesium deficiency is linked to eye sight problems, bone loss, heart disease, colon cancer, and even MS.

Nuts also contain L-Arginine which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system.

Cashews also contain healthy fats, potassium, dietary fiber, protein, calcium, phosphorus, zinc, and manganese.

Cashews are known for a soothing quality that can help you to relax. Not to mention that they're really good! Now you have good reason to indulge in a handful ;-)

Just a handful though - nuts can be fattening when gorged on...

## 20. Cauliflower



Cauliflower is another member of the Cruciferous vegetable family - even though it is white. There's always an exception to the rule, isn't there?

Like broccoli and Brussels Sprouts, cauliflower also contains indole-3-carbinol which makes it harder for estrogen to bind to breast tissue which reduces monthly type breast pain and reduces your risk of breast cancer.

Cruciferous vegetables contain sulforaphane which is said to not only prevent changes that can lead to cancer in breast cells, but also has been found to stop the growth of malignant breast cells by stopping the cancer cell's ability to divide.

Some people use cauliflower to replace mashed potatoes. Surprisingly, it's not half bad.

## 21. Cayenne Pepper



Many cultures use this pepper to keep their food safe from bacteria. But it also improves circulation and blood flow, prevents heart disease, stops bleeding, relieves pain, improves memory, and reduces fever.

Cayenne pepper is high in Vitamin C, but you would have to eat an awful lot to get any significant amount.

Cream form applied directly to sore joints and muscles stops pain, except it feels really uncomfortable when you apply it. They say your body adapts over time. I haven't tried it myself, but it is getting increasingly more popular as a topical pain reliever.

## 22. Chamomile Tea



Chamomile Tea has been used for centuries to relieve upset stomachs, but it also reduces cold symptoms, and eases menstrual cramps. Pretty handy, wouldn't you say? The compounds in chamomile tea help to ease muscle spasms and inflammation.

You can even let a couple of bags steep in the bath-tub for a great stress-relieving healthy soak.

And you can give it to your pets too.

Keep some in the house!

## 23. Cheese



You already know cheese high in both calcium, and fat.  
Just one ounce can curb PMS symptoms.

In Europe, cheese is served with fruit as dessert – so you would naturally eat less. In America, we eat cheese as a snack and an appetizer, and as a flavor enhancer for all kinds of things.

Yes, it's a handy, tasty way to get calcium, but it's also high in fat and sodium. Cheese needs to be eaten in moderation.

Fruit, cheese, and wine is a great after dinner snack – full of health benefits!

## 24. Cherries



Cherries contain a whopping 17 different antioxidants with benefits including easing arthritis pain, reducing inflammation, helping you fall asleep, preventing cancer, and reducing uric acid, which causes gout. Tart cherries contain higher amounts and also contain perillyl alcohol, which stops cancer formation.

Cherries also contain anthocyanins, which are a natural energy enhancer. Anthocyanins also protect our blood vessels from damage that can cause clogged arteries. Anthocyanins are also good for keeping your brain healthy and your memory strong.

Cherries are a natural source of melatonin which helps you sleep, and can help you recover from jet lag. Melatonin helps your body reset its circadian cycles. Eat cherries one hour before you want to go to sleep.

And kids of all ages love 'em! You don't have to force feed this superfood.

## 25. Chicken



Chicken is a good source of protein, and niacin. A niacin deficiency has been linked to Alzheimer's and heart disease.

Poultry also contains L-Arginine which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system.

Skinless dark chicken and turkey contain more than twice as much fat as skinless light meat. Dark chicken and turkey also contains 20% more calories and 10% less protein than light meat poultry.

Go for organic chicken raised on a natural diet, with no hormones or antibiotics. It tastes better, and is far better for you. Popular commercial chicken has been linked to breast cancer because of the hormones, and antibiotic resistance. Not only have antibiotics been over prescribed, you are also getting too many in the commercial meat supplies.

Spend the extra buck. It will save you money in the long run. Disease is not cheap!

Once you taste the natural chicken, you won't want to go back to the other stuff. The difference in taste is incredible.

## 26. Chicken Soup



Yes, chicken soup really does relieve cold symptoms. Any warm liquid would help loosen mucus, but chicken soup seems to help relieve the inflammation as well.

Take all the benefits of chicken and increase them by making soup. Unlike when you boil vegetables in water, and throw the nutrient rich water away – when you make soup, you keep all those nutrients.

Boiling animal bones also releases compounds that help your body make collagen, which is great news for your skin!

You can use chicken soup proactively too. If you feel like you're coming down with something, load up on vitamin C rich foods and supplements, drink some green tea - and eat some chicken soup.

## 27. Chili Peppers



Chili peppers contain Capsaicin, which is an antioxidant. They have blood thinning properties, lower cholesterol, fight carcinogens, and they release mood enhancing endorphins. Isn't everyone in a fun mood when they eat spicy foods?

Capsaicin is also a pain killer. It is now a main ingredient in many pain relief creams. I haven't tried them myself. I hear they are really hot at first. Next time I need a muscle ache cream, I'll have to try it.

Fortunately, in my old age, I tend to be more careful and haven't injured myself in a really long time ;-)

## 28. Chocolate



We all know that chocolate is a natural mood enhancer, and now its also thought to help reduce risk of heart disease and high blood pressure (maybe something to do with being in a good mood?).

Don Juan and Casanova used a chocolate drink to improve their sexual performance. The Aztecs considered chocolate "The Food of the Gods."

Dark chocolate contains a high amount of Flavonoids - antioxidants that fight heart disease, reduce plaque build up in arteries, reduce blood pressure, and increase good cholesterol.

Dark chocolate also contains trace amount of A, B1, C, D, and E, iron and magnesium.

Chocolate also contains L-Arginine which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system. Choose higher quality for lower fat and sugar content. 1 ounce of dark chocolate has 10 times more antioxidants than a strawberry.

But strawberries dipped in dark chocolate would cover all the bases, wouldn't it? ;-)

And a cup of hot cocoa made with real cocoa might be more effective at soothing coughs than many commercial cough syrups. And tastes a lot better!

For an interesting twist, try the chocolate with chili peppers. Sounds weird, but it's actually pretty good.

Would you say this is most everyone's favorite superfood?

## 29. Cinnamon



They have recently found that cinnamon helps diabetics lower blood sugar. Half a teaspoon a day over 40 days, sprinkled on toast, cereal, in tea- reduced blood sugar counts by about 20%. It also lowered bad cholesterol and triglyceride levels.

Cinnamon used to be used as a germicide. It kills germs.

Recent research suggests that cinnamon improves memory. Even chewing a piece of cinnamon gum or just the smell of cinnamon seemed to work - at least in the studies.

They do sell it as a supplement now, but I don't think your really need a supplement. This is another one where too much is bad. No more than a teaspoon a day.

I love cinnamon on my oatmeal, don't you? I put it in my french toast, and frequently eat cinnamon toast.

## 30. Coconuts



### A Lovely Bunch of Coconuts ...

Well, there certainly has been a lot of to-do about coconut, hasn't there? I've been using coconut oil to cook my chicken in for years. Coconut oil is not only a healthy oil, but it also doesn't form carcinogenic toxins when heated.

Vegetable, corn, canola, and soy oils are primarily produced from genetically modified crops. All of these oils, as well as olive oil break down when heated. Olive oil is great for your salads, but it loses its nutrients when heated. Not so with coconut oil. And it does not raise your serum cholesterol.

If you've ever suffered from gallbladder disease, you know that any fat sends you into screaming agony. Coconut oil is a fat that you can safely eat.

Another cool thing about using coconut oil is that it doesn't get all goopy in the pan and it cleans up easily. For me that's a great stress reliever...

The coconut meat is a great source of fiber.

But here's some astounding facts about coconut -

The meat, milk, oil, and water from a coconut are antiviral, antibacterial, and antifungal. Coconut helps remove germs, viruses, bacteria and toxins from your system. I've read in many articles that coconut can destroy lipid coated viruses such as HIV, herpes, cytomegalovirus, influenza, some pathogenic bacteria including listeria monocytogenes and heliobacter pylori, and protozoa such as giardia lamblia. They say its even athletes foot and diaper rash.

It helps keep your arteries healthy.

Coconut helps your body absorb the nutrients from the good foods you are eating so your body can full utilize them – all the way down to the cellular level.

Coconut helps restore your electrolyte balance. Coconut is high in potassium,

magnesium, and calcium.

Coconut is high in iodine which is important for your thyroid, and for fighting off radioactive iodine.

It increases your metabolism and helps you lose weight.

It helps balance your pH levels.

It's good for your skin. However, I have tried putting coconut oil on my skin and I didn't see any great results. I guess it works better from the inside out.

In many cultures, coconut is used to treat a wide variety of health problems including: abscesses, asthma, baldness, bronchitis, bruises, burns, colds, constipation, cough, dropsy, dysentery, earache, fever, flu, gingivitis, gonorrhea, irregular or painful menstruation, jaundice, kidney stones, lice, malnutrition, nausea, rash, scabies, scurvy, skin infections, sore throat, swelling, syphilis, toothache, tuberculosis, tumors, typhoid, ulcers, upset stomach, weakness, and wounds.

Now some are saying that virgin coconut oil can help diminish Alzheimer's symptoms. It seems that while you are eating coconut oil, people seem to return to almost normal, but as soon as the coconut oil is stopped – all of the ugly symptoms return. I don't have Alzheimer's yet, and I can't get my stepmom to try it on my dad.

But this one blew me away -

Coconut water is identical to blood plasma. It has been used as a universal donor to give plasma to wounded soldiers through IV. Can you believe that?

I'd say this one definitely classifies as a superfood, wouldn't you?

## 31. Coffee



Good news! Coffee seems to prevent type 2 diabetes, Parkinson's, and Alzheimer's. It reduces your risk of colon cancer by keeping you regular. Research says it reduces the risk of kidney stones, though my sister who is a heavy coffee drinker still had kidney stones.

Coffee contains theophylline which acts as a bronchodilator- which helps asthma symptoms. It may also help prevent cirrhosis of the liver, skin cancer and gallstones.

Coffee contains a multitude of nutrients – riboflavin, potassium, magnesium, zinc, niacin, folate, sodium, thiamin, protein, calcium, and vitamin k.

Coffee is full of anti-inflammatory antioxidants, and for many people, coffee is their main source of anti-oxidants.

Coffee can cause anxiety, headaches, heartburn, high blood pressure, yellow teeth, and possibly heart attacks, so be aware of your sensitivity to caffeine. If caffeine sends you bouncing off the walls, increasing your coffee intake would not be a good idea for you.

### -3. Corn



See new alert at the bottom -

Ok, for years I considered corn a non food, But now it appears that canned corn, or steamed fresh corn contain a phytochemical called ferulic acid, which may help prevent cancer. The antioxidants are released once the corn is exposed to heat. The study did not mention frozen corn. Canned corn was shown to contain 44% more antioxidants than raw corn? How can that be?

A former school nurse informed me that corn and beans form a complete protein – for the vegetarians. Vegetarians are under the false assumption that because some vegetables do contain protein, that they are getting their protein requirements. But It's not a complete protein. Soy protein is a dangerous replacement. If you insist on being a full vegetarian, then you can include corn and beans to make sure you are getting your much needed protein.

**However** - most of the corn grown in the U.S. is now genetically modified. I do not recommend any commercial corn or corn products, frozen, canned or otherwise.

If you are a vegetarian, please eat locally grown fresh corn only. Farmers could make a fortune if they sold their products jarred in the winter, don't you think?

The other thing that totally puzzles me is the fact that your body doesn't digest corn. So, if it goes in whole, and comes out whole – how are you getting any nutrients from it? I enjoy a good fresh ear of corn from time to time, but it's not on my list of healthy foods. Now since you can't tell what is GMO, I'm reluctant to eat corn.

## 32. Cranberries



You thought cranberries were only good for fighting kidney infections? This is one amazing fruit.

Cranberries flush bacteria that causes urinary tract infections and stomach and intestinal ulcers.

They also help reduce dental plaque and I can vouch for the fact that cranberry juice will relieve a toothache. Yep, just swish it over the tooth for 30 seconds or more.

Cranberries contain flavonoids called oligomeric proanthocyanidins or OPCs. These help stop the oxidation of bad cholesterol. They may also help prevent plaque build up in the arteries, which helps ward off heart disease, stroke, and varicose veins.

Cranberries have the highest antioxidants of any fruit.

Many people swear by cranberry juice to relieve leg cramps. A glass a day keeps a lot of bad stuff away.

\*flavonoids are what give them their deep red color. Grapes, blueberries, strawberries and other deeply colored fruits also contain flavonoids.

### 33. Cucumbers



A member of the squash family. Cucumbers are a diuretic. They can help reduce high blood pressure and your weight.

Cucumbers are often used for facials, to relax eyes and reduce puffiness, and to relieve sunburn.

They are filled with nutrients – Fiber, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc, Copper, Manganese and Selenium, Vitamins C, A, E, K, B-6, B-12, Thiamin, Riboflavin, Niacin and Pantothenic acid.

And when they're pickled, they help reduce sugar spikes because of the vinegar. So put out the pickles!

## 34. Curry



Curry contains curcumin which blocks the formation of harmful deposits in the brain that cause Alzheimer's.

It is being said that curcumin also helps prevent some cancers, and may even stop the growth of cancer cells, and makes chemotherapy less toxic.

Curcumin is an anti-inflammatory and anti-oxidant. Curcumin has become a popular natural way to prevent and reduce joint inflammation. It may reduce blood cholesterol.

Curcumin is found in the spice turmeric. It is what gives it the yellow color. Curcumin is also found in mustard. Use more mustard and less mayo.

It is said that for the most health benefit, use the spice turmeric directly instead of using prepared curry. Makes sense since we know that all prepared foods are lacking, right?

## 35. Dark Green Vegetables



Talk about a superfood!

Dark green vegetables have lutein and zeaxanthin, which stop UV induced cell proliferation in Harvard animal studies reducing your risk of skin cancer.

Lutein also reduces the risk of heart disease and stroke, and age related macular degeneration.

Dark greens are a good source of vitamin A, Chlorophyll and folate.

They help prevent heart disease, and have blood thinning compounds (which may interfere with certain medications.)

The darker the color of the salad green, the more nutritious it is. Beta-carotene is the chief disease-fighting nutrient found in the darker-colored greens.

As an antioxidant, it battles certain cancers, heart disease, and cataracts.

The dark-green color also indicates the presence of folic acid, which helps prevent neural-tube birth defects in the beginning stages of pregnancy Researchers are uncovering other important contributions folic acid has to offer to your well-being, like its role in the prevention of heart disease and inflammation.

Dark greens are rich in fiber that helps your body remove toxins, and fat.

Most salad greens are also good sources of vitamin C, potassium, amino acids, and fiber. And Dark Greens are alkaline - helping to balance your pH levels.

Your body needs an abundance of vitamins, amino acids, carbohydrates, essential fatty acids and minerals. Greens are a super provider of all of these.

Make your salads with richly colored leaf lettuces or spinach. Iceberg, or common head lettuce is pretty much nutritionless in comparison.

If you've been resistant to trying green smoothies (like me), you will be pleasantly surprised. They taste like a fruit smoothie, but pack a real vitamin punch!

## 36. Dates



Dates are full of fiber. That's why they help keep you regular.

Dates contain calcium, iron potassium, magnesium, phosphorous, sulphur, copper, and manganese. Dates are so full of nutrients that it is said that one date a day will be all you need to maintain a healthy diet.

Not only do they keep you regular and keep your digestive system healthy, but they can also protect your vision, give you energy when you're tired, and help you recover from a workout. If you are suffering from vision loss, try a date a day.

Mohammed advised his followers to break their fast by eating dates and cucumbers.

Dates can also help relieve intoxication. That's what they say! I haven't had a chance to try it.

Dates also contain silicon which stimulates collagen production for healthy bones and great looking skin.

Add this to your beautiful anti-aging skin feeding diet!

I think I'll put dates on my shopping list. How about you?

## 37. Dill



Dill stops embarrassing gas by breaking up gas bubbles. Make a tea of 1-2 teaspoons dill seed in ½ cup boiling water.

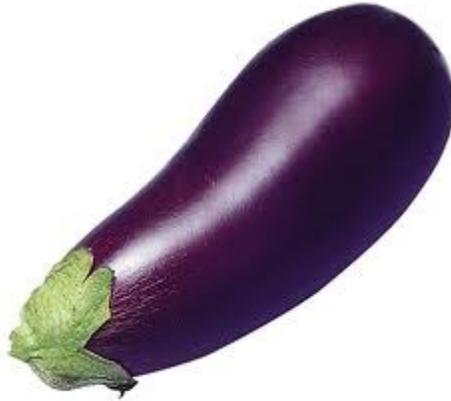
Dill is also said to be calming. In the old days (the real old days) parents would give children dill seeds to chew on during church services to keep them quiet. They were called meeting seeds.

They are also high in calcium, but you would have to eat like 3 tablespoons to get any significant amounts.

Dill has also been used to calm indigestion and relieve hiccups. It's always been a popular medicinal herb. It kills germs and fungus, is antibacterial, is full of antioxidants, clears mucus, acts as an antihistamine, helps detoxify the body, helps cramps and respiratory problems, and neutralizes carcinogens.

Dill pickles have the added benefits of cucumbers and vinegar. You can get those really good deli ones that have a ton of healing garlic too ;- ) Who would have thought that a dill pickle could be so powerful?

## 38. Eggplant

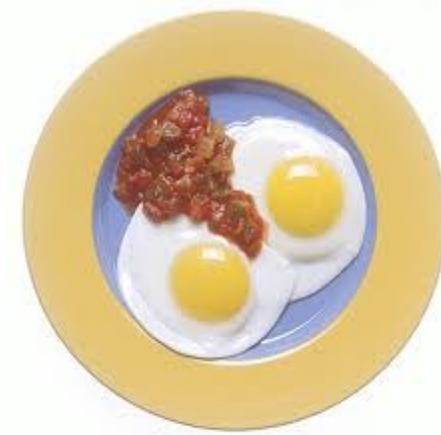


Eggplant contains chlorogenic acid, a powerful antioxidant which fights bacteria, viruses, cancer and cholesterol, and helps prevent artery clogs. I've sure been seeing more articles about the cancer curing properties of eggplant.

This is another busy little vegetable!

**Warning:** Avocados, bananas, eggplant, pineapple, plums, tomatoes, and walnuts contain large amounts of serotonin. Which normally is a good thing. Serotonin is the feel good chemical. But - eating them seventy-two hours before a carcinoid tumor test can create a false-positive result. Carcinoid tumors sometimes arise from tissues of the endocrine or gastrointestinal systems and secrete serotonin, a chemical that causes blood vessels to expand or contract. Because serotonin is excreted in the urine, these tumors are diagnosed by measuring the serotonin levels in the urine, and eating these foods before such a test can indicate tumors when in fact none are present. These foods should be avoided before undergoing such a test.

## 39. Eggs



Eggs have gotten a bad rap - and it's been at your expense.

Eggs contain choline, lutein, and of course are a great source of protein. And they are a rich source of Vitamin D!

They may prevent obesity, reduce the risk of stroke, protect against breast cancer, keep your eyes healthy, your hair and nails strong, and your mind sharp. Eggs are one of the only good natural sources of lutein which is vitally important for protecting your eyesight.

Eggs are a great food when eaten in moderation. One egg a day, or 2 eggs twice a week. Eggs do contain 213 mg of cholesterol each. But, they make you feel full longer and you'll have fewer cravings, and therefore - you'll have taken in fewer calories when the day is over. According to a recent study at Louisiana State University, it can be as much as 400 calories less! Plus eggs increase your metabolism and build muscle. Eggs contain every vitamin and mineral except vitamin C.

Go ahead - eat an egg for breakfast! The whole thing, not just the whites. No fake eggs!

## 40. Fish



Fatty fish – tuna, salmon, sardines, herring, contain Omega-3s. One article said that young adults who ate fatty fish were less hostile. Seniors who ate fatty fish at least once a month had 60% less Alzheimer's. The U.S. has 24 times the incidence of depression as Japan, where fish intake is much higher.

Fish also contains L-Arginine which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system.

I've read articles saying that taking fish oil helps asthma. We haven't found this to be true in our house.

It is also being aid that if you take fish oil before working out that it increases your metabolism and the amount of calories that you'll burn not only during the workout, but for hours afterwards.

Anything that will help keep me from losing my mind as I get older is something worth taking seriously. Wouldn't you agree?

I'm not a fish lover, so I'm always looking for cajun, tropical and other flavors to make it interesting.

## 41. Flax seed



The richest source of ALA, in the omega 3s. Also contains high amounts of lignans and fiber. Reduces triglycerides and helps ward off cancer. This is a potent source of the 'fountain of youth' omega-3s. See the Omega-3s listing for more benefits of this compound.

In order to release the omega-3s, flax-seed must be ground, or chewed. Eating them whole will provide a high amount of fiber, but will not release the omega-3s. The seeds must be ground at the time you are going to eat them to get the full benefit. Pre-ground, while maybe convenient - is virtually useless.

\*Omega 3 means that there are 3 compounds - see the 'Omega 3' listing for more information.

## 42. Fruit



While certain fruits have more superpowers than others, fruit in general is a great super addition to any healthy diet.

According to a study published in *The Archives of Ophthalmology* in June 2004, they found that eating 3 servings of fruit a day regularly earlier in life helps to reduce macular degeneration later in life. They did not find the same results from vegetable, vitamins, or carotenoids.

Those who eat fruits and vegetables get colds less often, and when they do- it's less severe and shorter. Fruits and vegetables boost your immune system and help ward off a multitude of illnesses including the lifestyle diseases, heart disease, cancer, and (type 2) diabetes.

And eating fruits helps keep your skin beautiful.

Research conducted at the University of Innsbruck in Austria suggests that as fruits fully ripen, almost to the point of spoilage, their antioxidant levels actually increase. That's good news to me. I like them at that point. They're so sweet!

## 43. Garlic



Garlic is another little powerhouse. It lowers cholesterol and blood pressure by dilating the blood vessels. Also thought to actually destroy cancer cells, kill viruses and bacteria, and of course, keep vampires away.

Garlic binds toxic minerals such as lead, and carries them out of the body.

It has been used for centuries to heal many ailments.

Ancient Egyptians used garlic to help them sleep. They also used a mixture of garlic and olive oil to cure earaches.

Russians used it as an antiseptic during World War II, using the juice directly on wounds.

Garlic is also good for sinus and respiratory problems, and fights off colds due to its germ fighting powers. Onions, leeks, chives and scallions are also in the same family.

Unfortunately, cooking destroys some of its power. Guess that means you'll just have to eat more ;-)

## 44. Ginger



Ginger has been used to treat nausea, vomiting, headaches, chest congestion, cholera, colds, diarrhea, stomachache, rheumatism, and nervous diseases.

Ginger is a proven anti-nausea, anti-motion sickness remedy that matches or surpasses drugs such as Dramamine.

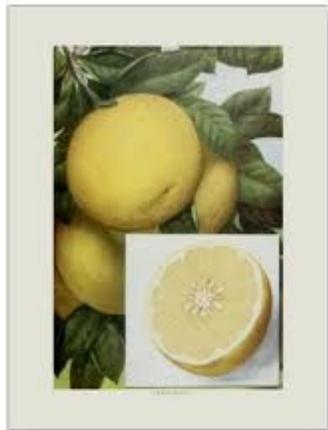
Ginger helps prevent migraine headaches and osteo-arthritis. It relieves symptoms of rheumatoid arthritis. It acts as an anti-thrombotic and anti-inflammatory agent.

Ginger also, has anti-depressant, anti-diarrheal and is a strong antioxidant and cancer preventative.

Ginger has anti-inflammatory properties similar to those found in acetaminophen, ibuprofen, or aspirin. But the spice has none of the potential side effects of those drugs like heart complications, bleeding, or liver toxicity.

Whew!

## 45. Grapefruit



Grapefruit has tons of vitamin C and it contains an amino acid that boosts the effectiveness of the vitamin C...

Grapefruit contains pectin - which has been found to reduce cholesterol and slow the growth of cancer cells. May also help reduce narrowing and hardening of the arteries. And pectin is great for beautiful skin.

Grapefruit also contains beta-sitosterol - a plant sterol, which lowers cholesterol by blocking the absorption of bad cholesterol in the intestine.

They used to use grapefruit before a meal to control appetite. I don't really hear of anyone using it that way anymore, so it must not have worked too well.

Grapefruit does interfere with certain medications - like blood pressure meds for example, so always be sure to check with your doctor.

## 46. Grapes



Red grapes prevent clot formation and inhibit tumor growth. The skin of red grapes contain resveratrol – a compound that blocks a key protein that cancer cells need to survive – actually starving them to death.

Grapes also contain anthocyanins, which are a natural energy enhancer. Anthocyanins also protect our blood vessels from damage that can cause clogged arteries. Anthocyanins are also good for keeping your brain healthy and your memory strong.

Not only are grapes a good source of vitamins A and C, but you'll also find vitamin B6 and folate in these fruits of the vine. And that's not all. Minerals like potassium, calcium, phosphorus, magnesium, iron, and selenium, as well as trace amounts of copper, manganese, and zinc are also present in grapes. What's more, you'll also get some fiber and protein from grapes.

Oh, and they also contain flavonoids. Remember, that's what gives them their deep color and makes grapes a powerful antioxidant anti-aging fruit.

They travel anywhere easily – and they satisfy a sweet tooth.

## 47. Green Peppers



Green peppers are high in vitamin C and bioflavonoids. They also contain carotenoids, folate, potassium vitamin A, and small amounts of thiamine (B6), calcium, protein, and phosphorous.

They contain powerful antioxidants to protect against cancer and heart disease helping to prevent blood clots, heart attacks and strokes.

They also make your blood more alkaline, help prevent cataracts, and relieve constipation.

Red peppers are even more beneficial. Grilled red and green peppers are a delicious side dish. You can find a great recipe in the recipes section at [SaneSuperWomanClub.com](http://SaneSuperWomanClub.com) ;-)

## 48. Green Tea



Green Tea contains Polyphenols - helping to prevent heart disease, stroke and cancer, and antioxidants. Make sure to dunk your tea bag a few times to release more of the antioxidants into the water.

Drinking Green or black tea with a high fat meal reduces some of the artery clogging. The antioxidants help keep your blood vessels open. It also contains theanine, which is shown to reduce stress.

Green tea may even rejuvenate dying skin cells.

Green and black teas also may increase your immune system to fight infection. Green tea contains EGCG, which stops the adenovirus (cold virus) from reproducing. At the first sign of a cold, drink green tea.

Green Tea also contains L-Theanine. I've seen Green Tea from China called 'one of the oldest calming mood-stabilizers known to man'. Theanine increases dopamine production in the brain. This helps improve your focus, concentration, learning, and memory - all without the jitters many people get from coffee.

It is believed that the natural phytochemicals in green tea may help prevent and repair damage to cells and may inhibit the ability of carcinogens to damage cells. A study done in China observed a group of women with ovarian cancer. The study found that the women who drank at least 1 cup of green tea per day were twice as likely to survive the cancer.

And, green tea increases your metabolism, helping your burn more fat.

After your tea bag cools, gently pat it on your eye area to help firm and reduce puffiness. It really works better than most creams. A lot of creams now contain green tea extract.

And, did I mention that green tea is calming?

## 49. Herbs



Fresh herbs, ounce for ounce, are higher in antioxidants than many fruits and vegetables. Many, like oregano, are powerful antifungal, antibacterial, and antiviral.

You can grow and dry your own fresh herbs –

- Snip leaves early in the day before the hot sun hits them.
- Let them dry off.
- Tie about 5 stems together and hang upside down in a warm, dry place away from direct sunlight.
- It takes about 2 weeks before they have reached the dry crumbly stage of dryness.
- When they are completely dry, hold the stems and strip the leaves into airtight containers.
- 

You can dry fresh herbs from the grocery store too.

While they are a beneficial addition to your diet - you would have to eat a half a ton to make any nutritional headway. That is why they use essential oils to deliver the healthy benefits in a supplement form.

## 50. Honey



Honey has been used for centuries because of its healing properties. It has been used for healing wounds to keeping younger looking skin to relieving constipation. Israeli scientists have recently re-confirmed it's antiseptic and healing abilities.

Honey has antioxidants that fight off free radicals as well as those contained in fruits and vegetables. Darkest honeys contain the most antioxidants. My grandmother used to make a honey and lemon and butter mix to sooth coughs.

I cured my dog's kennel cough with honey.

It kills many kinds of bacteria, including some antibiotic resistant germs. It also provides a moisturizing barrier which helps wounds heal faster and decreases scarring.

Even though it is natural, it's still a sugar. Don't overdo it.

## 51. Hot Peppers



Hot peppers are good for respiratory problems, clears sinuses, and helps you breathe more clearly.

They contain a lot of vitamin C.

Hot peppers contains capsaicin, a natural painkiller.

I've always thought there was a weight loss benefit, but can't find anything to document that. Jon Benson has mentioned that in one of his books or articles too.

In hotter climates, they eat hot peppers to stay cool. Seems ironic, doesn't it? The hot peppers make you sweat, which actually cools you down. Sweating also helps remove toxins from your body.

And for some odd reason, they're just fun to eat. But again, do not over do it. You can actually burn your throat if you eat too many. I did that. Moderation in all things ...

## 52. Kale



Kale was used in ancient Greece to help rheumatism, eyesight and memory.

It contains potassium, phosphorus, calcium and sulphur.

Kale also contains alpha-lipoic acid, or A.L.A. which strengthens cell metabolism of liver and heart cells making them better able to withstand our abuse and reduces your risk of heart disease and cancer.

## 53. Lemons



Lemon is a popular scent in aroma therapy because its aromatic qualities calm you. Do you like the smell of lemon?

Lemons are thirst quenching. In the south, they used a slightly salted lemonade to quench thirst and replace salt lost through perspiration. We go through a lot of fresh lemonade in our house.

I found pages and pages on the lemon- its high in vitamin C, keeps your liver functioning properly, helps asthma, colds, flu, rheumatism, constipation, diarrhea, dissolves uric acid, removes bacteria, cleanses the system of impurities, contains calcium, potassium, phosphorus and magnesium, reduces hemorrhage, (including heavy menstrual flow), reduces heart palpitations, soothes heartburn, soothes sore throats when mixed with honey, reduces fever ... and that's just the high points.

Also contains a compound called flavones, which reduce your risk of breast cancer.

Squeezing fresh lemon into your water pitchers a lot more often. My daughter loves it. Must be fresh lemon. Bottled juice does not contain the same qualities.

One of the greatest treats in the summer is fresh squeezed lemonade. There is just no comparison!

## 54. Mango



One small mango provides a quarter of your recommended daily allowance for vitamin C, nearly two thirds of your daily quota for vitamin A, good amounts of vitamin E and fiber. They also contain vitamin K, phosphorus and magnesium. Mangoes are rich in potassium which can help reduce the risk of high blood pressure.

And they are a good source of pectin.

Mangoes are one of the best sources of the powerful antioxidants - betacarotene, quercetin and astragalin. They are also rich in bioflavonoids that help keep your immune system strong.

They are used to treat anemia, bleeding gums, constipation, cough, fever, nausea, sea sickness and to help with weak digestion.

Unripe Mango has been used for centuries in India to stop bleeding, including heavy menstrual bleeding.

Mangoes also contain silicon which stimulates collagen production for healthy bones and great looking skin.

## 55. Maple Syrup



Pure maple syrup is another natural sugar, full of vitamins and minerals - Niacin, B5 (Pantothenic Acid), B2 (Riboflavin), Folic Acid, B6 (Pyridoxine), Biotin, and Vitamin A, potassium, calcium, magnesium, and manganese.

Put *that* on your pancakes!

It is a sugar. Don't overdo it!

Be aware that the fake stuff is just corn syrup and chemicals - and it will kill you. You want only 100% pure maple syrup.

## 56. Meat



Lean meat contains proteins, healthy fats, and glutathione – an amino acid that regenerates other antioxidants, regulates immune cells, protects cells from free radicals. Protein also helps control appetite and requires more calories to digest.

Meat is also a major source of iron. Iron help provide energy and energizes cells that protect you from cancer causing free radicals. Iron deficiency can cause fatigue, skin conditions, and hair loss.

Eating meat with vitamin-C rich fruit helps boost your iron absorption. Meat also is a major source of niacin. Niacin deficiency is being linked to more diseases such as Alzheimer's.

The combination of iron, b vitamins, and zinc is a powerful stress fighter. And meat contains conjugated linoleic acid (CLA), which are scientifically proven to inhibit malignant melanomas, as well as colorectal, breast and lung cancers.

BUT – processed meats like bacon, sausage, hot dogs and so on, should be limited. You should eat mostly fish and poultry for your meat intake with lean red meat only a couple times a week.

OK, another BUT – the problems with meat come from what the animals are being fed. They are loaded with antibiotics, steroids, growth hormones, and other unsavory stuff. The same is true for chicken and fish. That's why 'wild' fish is being reported as the more nutritious, and safer choice. Organic meat, or animals that have been naturally grass-fed is the absolute best choice, but costly. Hopefully as demand increases, the price will come down. Eat organic as much as you can afford.

There is currently a debate on animal fats. Some doctors are saying that we've actually been getting too little. The problem is, the chemicals the animals are fed will be stored in their fat cells, just like humans. If you are eating commercial meats, eat lean. If you are eating grass fed, organic, etc. you don't have to be as concerned about the fat. In the old days, the best meats were marbled which gave them the best flavor.

One more BUT – recently it has been publicized that you should not char your meat. While this might be another ‘chicken wing’ sort of scare, it’s probably better to err on the side of safety. I love my meat charred :-)

Meats with the highest iron – Beef liver, chicken liver, red meat, pork, poultry.

## -1. Milk

There are two sides to the great milk debate.

One side says milk high in calcium, good for bones, skin, hair, teeth. Helps weight loss by helping the body burn stored fat. But high in saturated fats. Drink 2% or lower, in moderation.

It was also reported in AARP that drinking milk before heading on a vacation to a place where water might not be the safest will help reduce the diarrhea by preventing E.coli from taking hold in the intestine.

In a study done at the Indiana University, a glass of chocolate milk was just as effective at helping athletes recover from their workouts as sports drinks.

On the other hand – cow's milk has been linked to Type I Diabetes when given too early to infants that have the gene. And according to *The China Study*, they found links between areas where they drink a lot of cow's milk, and high rates of heart disease and cancer.

People who drink milk have more joint problems and arthritis. Current research indicates that cow's milk increases inflammation throughout your body leading to arthritis, heart disease, diabetes.

Milk lovers argue that its the pasturizing. They claim that raw milk does not cause the same problems. I'm not buying it. Pasturizing does not get rid of the enzyme casein which seems to be the root of milk problems.

Who should you believe?

I don't drink milk. At 56 years old, I am healthy and full of energy. I take no meds. When I was younger, someone pointed out to me that we are the only animal to drink milk after weaning, and the only animal to drink another animal's milk. I thought that was pretty gross.

My younger sister is in the milk drinkers camp - and she is full of bone and joint problems that steadily get worse with every passing year.

I think there is enough evidence to safely say that you should stay away from milk.

## 57. Mint



Mint is cooling, relaxing, freshens your breath, and tastes great. It soothes your stomach and aids digestion. Mint increases saliva production in your mouth, which helps improve your digestive process.

Mint soothes sore throats, relieves nausea and upset stomachs, and headaches. It opens bronchial passages, helps clear congestion, and soothes coughs.

Mint is antiseptic and great for cleaning your skin, relieving itching from bug bites and soothing skin.

Mint is one of the few sources of certain flavones which reduce risk of breast cancer. (but you'd have to eat barrel fulls)

Mint is one of those things where too much is not a good thing -too much can cause irritation. Keep it in moderation.

Super easy to grow. It will take over if you let it. Plant some now, and your great, great, great grandkids will still be able to enjoy it.

## 58. Mushrooms



Shitake, enoki, and other exotic mushrooms have cancer fighting properties. Shitake mushrooms contain a high amount of lentinan that helps your body produce immune system cells to help prevent infection and even cancer. In Japan, lentinan is a cancer treatment. It is said that 3-5 oz. of mushrooms a day inhibit tumor growth.

They are a good source of potassium, riboflavin, niacin, and selenium. Selenium is one of the latest additions to the anti-cancer nutrient list.

Put them on your pizza, in your salads, on sandwiches...

## 59. Mustard



Yep, the old yellow kind. Yellow mustard contains the mineral Selenium, isothiocyanates, and circumin (which contains tumeric), that gives it its yellow color.

Mustard protects against many cancers, may halt the spread of some cancers, and makes chemotherapy less toxic. There's a lot of new research on the cancer fighting effects of tumeric. They say that it causes cancer cell suicide.

Mustard is also an anti-inflammatory, and anti-viral.

And it's low in calories! Go ahead and pour it on!

## 60. Nutmeg



Nutmeg contains phenylpropanoids that help you stay asleep. Stir ½ teaspoon into milk or decaf tea before bed.

One of the interesting health benefits of nutmeg oil is its ability to stimulate the brain - it relieves stress and stimulates mental activity. It is even reputed to stimulate dreams. Its ability to improve concentration and increase efficiency was not lost on the ancient Greeks and Romans who used it as a brain tonic despite the fact that it was quite rare and costly.

Nutmeg has anti-inflammatory properties and can be used to treat joint and muscle pain. The oil works particularly well for this when it is massaged into the affected area. It is an integral herb in Chinese medicine where it is used for stomach pain and inflammation as well as reducing joint swelling.

In addition to being an excellent liver tonic which can help remove toxins from the liver, nutmeg oil is also a good herb for the kidney, helping it dissolve kidney stones as well as relieve infections of the kidney.

Heart problems may also be somewhat alleviated by nutmeg, as it can help increase blood circulation and stimulate the cardio-vascular system. It is also great for your digestion. It can get rid of both gas and stomach aches and can relieve vomiting, diarrhea, and flatulence as well as encourage appetite.

Nutmeg can also help with respiratory problems such as a cough from the common cold. In fact, it is often found as an ingredient in cough syrups. It is also said to be able to help with asthma. However, this has not been backed by research.

While there are many health benefits of nutmeg, be careful not to take it in high doses. It can be toxic and can cause serious problems. Never consume more than 30 grams (around 6 tablespoons) in a day, and even this amount would be considered excessive.

## 61. Nuts



Nuts are full of fat – but it's the good fats. Monounsaturated fats and Omega 3s. The kind that help lower your cholesterol.

They are also a good source of protein, fiber, phytonutrients, and antioxidants selenium and vitamin E. Some of the more powerful nuts include almonds, peanuts, pecans and walnuts.

And they're dense, they take longer to digest – so you'll feel fuller longer. Treat yourself to a handful a day. They are high in calories, so don't overdo it if you're trying to lose weight.

They're great thrown in a salad or oatmeal. Throw some almond pieces in your fresh green beans. Even my Dad will eat that.

## 62. Oat Bran



Oat Bran can lower cholesterol as well as prescription drugs. Oat bran contains B complex vitamins, protein, fat, minerals, and heart healthy soluble fiber. When eaten regularly, oatmeal and oat bran may help to lower total cholesterol levels by 25 or more within a very short time period (one to three months). In addition, oat bran can help to reduce the bad LDL and raise levels of good HDL cholesterol.

Oat bran is rich in a soluble fiber called beta-glucan. Oat bran is the first food allowed by the FDA to be registered as the first cholesterol-reducing food at an amount providing 3 grams of beta-glucan per day, although some evidence suggests this level may not be high enough to make a significant difference.

Oat bran also helps stabilize your blood sugar levels, keeps you full longer, and increases your metabolism.

## 63. Oatmeal



Oatmeal is a great way to get whole grains in your diet, especially if you are gluten sensitive. Oatmeal lowers cholesterol and blood pressure, and reduces risk of colon cancer.

Oatmeal is high in fiber. It relieves constipation and keep your system running clean - removing toxins and even fat.

It provides long lasting energy because it releases sugar slowly into the system keeping your blood sugar levels stable.

Mix with banana, strawberries, blueberries, apples, nuts, and/or cinnamon for flavor and extra nutrients. I saw a lady on the Food Network that made oatmeal with cherries and cherry preserves. It sounded really good! Let's be honest here, you gotta do something to make it taste good.

And then there's oatmeal pancakes, and oatmeal cookies...

Oatmeal cookies are great with raisins and chocolate chips, or Craisins and white chocolate chips. They're even good made with peanut butter.

While you can't really call a cookie healthy, these are a lot healthier than anything you're going to buy in the store. I don't bake very well, but even I can handle making cookies.

## 64. Olive Oil



Olive oil contains oleic acid - which reduces cellular inflammation. Saturated fats on the other hand, such as butter – increase cellular inflammation which cause a whole slew of ugly chain reactions. The one you'll notice the most at first is that they drain your energy.

Saturated fats can actually change your cellular structure allowing for cancer to spread. The oleic acid in olive oil on the other hand will stop a host cell from turning into a cancer cell, and help protect cells from carcinogens.

Adding olive oil to an already low fat diet helps prevent heart disease, and helps diabetics control blood sugar levels and triglycerides.

Olive oil helps the body produce anti-inflammatory chemicals which helps those with inflammatory diseases such as arthritis and asthma.

In Italy, they dip their Italian bread (French and Italian bread is lower in fat than white bread to begin with) in olive oil mixed with herbs, and maybe some parmesan cheese. Yummy!

Note - Heating olive oil takes away it's nutritional benefits. I use coconut oil for a lot of my cooking. Peanut oil would probably be a better choice for cooking most things.

## 65. Onions



Onions are a real powerhouse. They reduce bad cholesterol, increase good cholesterol, help to reduce blood clotting, reduce risk of diabetes, kills bacteria, reduces risk of some cancers.

Onions have been used for centuries for healing wounds (used as a poultice) and sickness. We tried a slice on a fresh bruise and to my surprise, it really worked. It reduced the intensity of the bruise.

Onions also help with respiratory and sinus problems by opening airways. Onion has antiseptic qualities, it kills germs.

Yellow onions in particular contain a high amount of quercetin and other cancer fighting phytochemicals. The stronger the onion, the more powerful it is. But you might want to follow up with some parsley ;-)

## 66. Oranges, Lemons, Limes



These citrus fruits contain high amounts of vitamin C. They also contain limonene, believed to reduce skin cancer risk.

Oranges also contain beta-sitosterol - a plant sterol, which lowers cholesterol by blocking the absorption of bad cholesterol in the intestine.

Citrus fruits also contain quercetin, which acts like a natural anti-histamine, and is an anti-inflammatory and anti-oxidant.

While you naturally reach for the orange juice when you feel like you need a boost of vitamin C, squeezing fresh lemon into your water is great if you're suffering from sniffles.

Oranges are an excellent source of vitamin C and flavonoids. One orange (130 grams) supplies nearly 100 percent of the recommended daily dietary intake of vitamin C.

When you eat a whole orange, it provides good dietary fiber. Leave in the pith (the white stuff under the peel) as much as possible as the pith contains the highest amount of valuable bioflavonoids and other anti-cancer agents.

In addition, oranges are a good source of vitamin A, the B vitamins, amino acids, beta-carotene, pectin, potassium, folic acid, calcium, iodine, phosphorus, sodium, zinc, manganese, chlorine and iron.

As far back as 400 BC, Hippocrates prescribed citrus fruits for those who had too much phlegm or were feeling lethargic, to bring the body back into balance.

Oranges help prevent arteriosclerosis and cancer, help relieve constipation, lower cholesterol, reduce the risk of heart disease, reduces high blood pressure, keeps sperm healthy, strengthens your immune system, helps prevent kidney stones, protects against viruses and stomach ulcers, and makes your skin look great. Busy little fruits, wouldn't you say?

## 67. Parsley



Parsley freshens breath, soothes upset stomachs, and so much more...

Parsley contains a compound of oils called myristicin, which can slow down the growth of tumors in the lungs. It also helps neutralize the effects of carcinogens like smoke.

Parsley is high in anti-oxidants, vitamin C, beta-carotene, and folic acid. It is one of the richest sources of vitamin K.

If you have kidney or gallbladder problems, avoid parsley.

Do not take calcium supplements for 2 or 3 hours after eating parsley, as parsley can interfere with calcium absorption.

Parsley sprinkled on potatoes is pretty. Since it really does not have much taste, you can sprinkle it on all kinds of things and no one will know that it's healthy.

## 68. Pasta



Another food that has gotten a bad rap. Pasta actually is a safe carb. It releases glucose slowly into your system, which increases endurance and helps control appetite. Whole grain pastas are better for you, marginally. At least so they say.

Add a fresh tomato sauce with some basil and a tossed salad, and you have a really healthy meal that will give you energy into tomorrow.

I have a friend who was on a trendy diet years ago that required that you drink their meal replacement shakes during the day, and then eat pasta for dinner. She tells me that the pasta is what gave her diabetes. Really?

I asked what she had used for sauce. Of course it was a popular jar sauce full of corn syrup. If you eat that every night, you are guaranteed to have problems.

What causes the sugar spikes is the spaghetti sauce that comes in a jar that is loaded with corn syrup and chemicals. Make your own. It's not hard. Find my recipe in the recipe section at [SaneSuperWomanClub.com](http://SaneSuperWomanClub.com).

## 69. Peanut Butter



Peanut and other nut butters contain healthy monounsaturated fats that may help reduce your risk of type 2 diabetes. Add to that the benefits of the nuts and you've got a real healthy, great tasting food!

Replace the butter or cream cheese on your morning bagel with peanut butter for a protein boost that will keep you going until lunch.

Actually, the hot thing around here right now is peanut butter and honey on english muffins. Yummy! Add some fruit and you're off to a great start!

Then, there's peanut butter and cracker, or apples, or celery for quick filling healthy snacks.

Try other nut butters too.

## 70. Peanuts



Peanuts are high in magnesium. Magnesium deficiency is linked to eye sight problems, bone loss, heart disease, colon cancer, and even MS.

Peanuts also contain phosphorus, zinc and vitamin E.

Peanuts also contain the very popular resveratrol – a compound also found in red wine that blocks a key protein that cancer cells need to survive – actually starving them to death.

Nuts also contain L-Arginine which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system.

And they're fun to eat. Don't you just love those steakhouses where you can just throw the peanut shells on the floor and someone else has to clean them up?

## 71. Peppermint



Peppermint soothes stomach, and decreases spasms due to irritable bowel syndrome. Usually used in hot tea form, though sucking on a peppermint candy works too...

Peppermint contains perillyl alcohol which was recently found to stop cancer formation in human cells under intense UV light.

Peppermint tea is also used in Germany, France and Holland to sooth headaches. Rub 1 or 2 drops of peppermint oil on your forehead to alleviate headaches.

Peppermint dilates blood vessels which reduces pain and inflammation.

Peppermint tea is used throughout Europe on a soaked cloth, or in a bath to sooth inflamed joints.

In China, peppermint mixed with sage is used to relieve kidney and bladder infections.

Just the scent of peppermint is said to improve your mood and make you feel more motivated which helps you stay focused and get more done.

And that's what we're all about here, isn't it? ;-)

## 72. Peppers – Bell



Red bell peppers are very high in vitamin C and bioflavonoids. They are much higher in carotenoids than green or yellow peppers and contain vitamin B6 as well as capsaicin, a natural painkiller which is considered to be useful for arthritic pains.

Experts consider red peppers to be especially beneficial against cancer and heart disease.

That's not to say that green or yellow peppers aren't a valuable addition to your healthy diet. All peppers contain Vitamin A, Lutein and Zeaxanthin, which helps protect against certain age-related eye problems. And, Bell peppers are also one of the few sources of flavones which help reduce the risk of breast cancer.

## 73. Pickles



The vinegar in pickles can reduce your blood sugar spikes after meals. It can also help you lose weight by preventing your body from digesting some carbohydrates.

Pickles combine the power of vinegar with the nutrients of cucumbers, dill and garlic.

## 74. Pineapple, Kiwi, Papaya



These fruits contain high amounts of enzymes thought to help in the fight against autoimmune disease (AIDS), allergies, and cancer.

The pineapple and kiwi contain the enzyme Bromelain, to reduce pain from arthritis or muscle swelling or tenderness. Bromelain is similar to human gastric juices and helps digestive problems. The papaya contains enzymes papain and chymopapain which are similar to bromelain.

For centuries, Island cultures have eaten fresh pineapple. Pineapple juice will reduce body heat in hot weather.

While all three of these fruits are a good source of Vitamin C - the papaya and kiwi have a much higher content of Vitamins A and E, magnesium, potassium, phosphorous and fiber.

The kiwi is the top fruit source for copper.

The papaya is a good source of b vitamins folate and pantothenic acid.

And those enzymes are good for tenderizing meat too.

Give your summer diet a tropical flair!

**Warning:** Avocados, bananas, eggplant, pineapple, plums, tomatoes, and walnuts contain large amounts of serotonin. Which normally is a good thing. Serotonin is the feel good chemical. But - eating them seventy-two hours before a carcinoid tumor test can create a false-positive result. Carcinoid tumors sometimes arise from tissues of the endocrine or gastrointestinal systems and secrete serotonin, a chemical that causes blood vessels to expand or contract. Because serotonin is excreted in the urine, these tumors are diagnosed by measuring the serotonin levels in the urine, and eating these foods before such a test can indicate tumors when in fact none are present. These foods should be avoided before undergoing such a test.

## 75. Plums



Plums are a good source of anthocyanins, which are a natural energy enhancer. Anthocyanins in plums also protect our blood vessels from damage that can cause clogged arteries. Anthocyanins are also good for keeping your brain healthy and your memory strong.

Plums are also a huge source of vitamins A (beta-carotene), anti-oxidants, potassium, and serotonin. They are also a good source of fiber.

Plums have a fair amount of iron and Vitamin C. The vitamin C makes the iron easily absorbed by your body.

Despite all of the health benefits, they are very high in sugars. One fully ripe plum a day should do it.

(Prunes are dried plums.)

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## 76. Pomegranate



Pomegranates are very high in antioxidants and flavonoids and phytochemicals and potassium. That means they help every function in your body, and help prevent most 'lifestyle' diseases, (heart disease, cancer, diabetes) and slow down aging.

Current research has found that an 8 oz. serving of pomegranate juice a day improves blood flow and decreases plaque build up in your arteries.

More studies have been done that show that the high levels of anti-oxidants and flavonoids slow the growth of many cancers - including skin, breast, and prostate. And this wonder fruit may protect the brains of premature babies, and slow down Alzheimer's.

You can find pomegranate in everything from ice cream to skin care products. Its the hottest thing since sliced bread - except maybe for Acai.

## 77. Popcorn



Popcorn is a whole grain with lots of fiber, but like potatoes, it depends on what you put on it!

The microwave varieties are mostly full of bad trans fats and/or saturated fats. Read labels carefully.

The best is air popped with a tablespoon of butter and a little salt for taste.

Another option is to add cocoa powder instead of salt – weird, but good.

## 78. Potatoes



Potatoes are high in potassium and antioxidants. Sweet potatoes are higher in nutrients than white potatoes. But, they are a high carb food. That doesn't mean you can't enjoy potatoes once in a while. You know, it's what you put on it that makes it unhealthy.

And remember that your body does require a certain amount of carbs. The more active you are, the more carbs you need. Many people have cut their carbs down too far and end up suffering from chronic fatigue.

If you have been eating a carb restricted diet and find that you have no energy - you need to try eating a few more carbs.

Balance and moderation is the key to a healthy lifestyle.

Potatoes are one food you should buy organic because of pesticides and ground pollution. Or grow your own.

## 79. Prunes



Prunes have come a long way. They used to be considered the fruit that old people ate when they were constipated. But they are a sweet and highly nutritious treat. Ounce for ounce, prunes are higher in fiber than dried beans.

Prunes are an excellent source of vitamins A and B, iron, and potassium. Eating prunes with a food high in Vitamin C significantly raises the absorption level of the iron found in prunes as it is able to change the ferric form, found naturally in the fruit, to ferrous form of iron, which the body is better able to absorb.

Prunes and prune juice are good sources of potassium; and ounce for ounce, uncooked dried prunes have four times as much potassium as fresh oranges; and the juice has 30% more than fresh orange juice.

Their sugar content is very high, with 30% of its weight consisting of glucose, 15% fructose, and 2% sucrose.

And yes, they do have a laxitive effect that is much easier on the body than any medication, and just as effective.

Prunes are dried plums.

**Warning:** Avocados, bananas, eggplant, pineapple, plums, tomatoes, and walnuts contain large amounts of serotonin. Which normally is a good thing. Serotonin is the feel good chemical. But - eating them seventy-two hours before a carcinoid tumor test can create a false-positive result. Carcinoid tumors sometimes arise from tissues of the endocrine or gastrointestinal systems and secrete serotonin, a chemical that causes blood vessels to expand or contract. Because serotonin is excreted in the urine, these tumors are diagnosed by measuring the serotonin levels in the urine, and eating these foods before such a test can indicate tumors when in fact none are present. These foods should be avoided before undergoing such a test.

## 80. Pumpkin



Pumpkin contains Lutein, which reduces the risk of heart disease, stroke, and age related macular degeneration.

And pumpkin is orange. You know what that means, right?

It means pumpkins contain beta carotene - a powerful anti oxidant that is said to help prevent many cancers including prostate and lung cancers.

Pumpkins are high in potassium which is important for heart health.

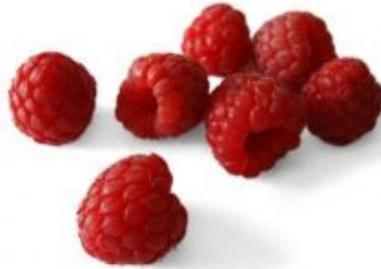
They contain Zinc, which is important for your immune system and bone health.

Pumpkins contain a lot of fiber to help keep your body running smoothly.

Pumpkins contain lots of anti-oxidant vitamins A and C, and alpha hydroxy acids which makes pumpkin great great for healthy, glowing, anti aging skin. Hey, that's the most important benefit to me ;-)

We love pumpkin pancakes, pumpkin muffins, pumpkin bread, and of course, pumpkin pie! I make them using fresh pumpkin. Learn how in the recipe sections at [SaneSuperWomanClub.com](http://SaneSuperWomanClub.com)

## 81. Raspberries



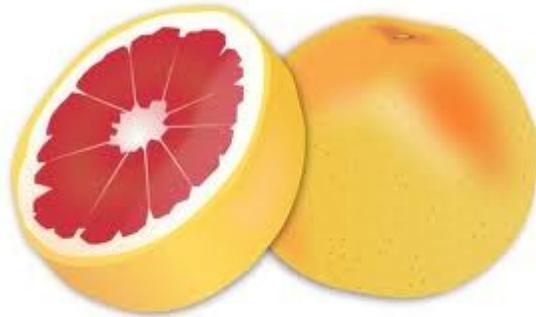
Eating raspberries can increase your memory, protect your brain from age related decline, help keep your blood from clotting, protect normal cells from cancer, and help kill cancer cells.

Raspberries also contain resveratrol – a compound also found in red wine that blocks a key protein that cancer cells need to survive – actually starving them to death.

Resveratrol is part of a group of chemicals called phytoalexins. These are chemicals that plants naturally produce to protect themselves from the environment. It seems they work on people too.

So go ahead - throw some raspberries on your ice cream, or on your pancakes. Berries are a great tasting healthy food.

## 82. Red Grapefruit



In addition to the benefits of its plain cousin, the red fruit contains carotenoids and lycopene that are important for heart health, making red grapefruit another very powerful fruit. And most people prefer the taste of the red grapefruit over the bitter plain yellow grapefruit.

## 83. Red Peppers



Red peppers are very high in vitamin C and bioflavonoids. They are much higher in carotenoids than green or yellow peppers and contain vitamin B6 as well as capsaicin, a natural painkiller which is considered to be useful for arthritic pains.

Experts consider red peppers to be especially beneficial against cancer and heart disease.

Like all peppers, they also contain Lutein and Zeaxanthin, which helps protect against certain age-related eye problems. And, Bell peppers are also one of the few sources of flavones which help reduce the risk of breast cancer.

Red peppers have a sweeter and milder taste than their green cousins.

## 84. Rye



Rye is a whole grain fiber. It's stronger distinctive flavor make it not as versatile as it's wheat based cousins. Peanut butter on rye, or rye french toast just doesn't work :(

Because it is difficult to separate the germ and bran from the endosperm of rye, rye flour usually contains more nutrients than refined wheat flour.

Rye is a great source of calcium, magnesium, phosphorus, potassium, selenium, folate, folic acid, and of course, fiber.

If you can't stomach whole wheat, rye is a great choice. Personally, I love a good rye bread!

## 85. Safron



Over the ages, saffron has been used to treat depression, asthma, insomnia, hardening of the arteries, coughs, whooping cough, gas, shock, digestive problems, dry skin, baldness, premature ejaculation, and now is being studied in connection with cancer.

Saffron contains a whopping 34 chemical compounds including protein, magnesium, iron, Vitamin A, Thiamine, Riboflavin, Vitamin C, niacin, calcium, Phosphorous, potassium, Sodium, Zinc, Selenium, folate, and Vitamin B6.

Allegedly, if you steep 6 – 10 threads in ½ cup boiling water and drink twice a day, it will regulate your menstrual cycle.

Historically, Alexander the Great and Cleopatra were known to take saffron baths. There have been wars and executions tied to saffron, especially during the black death when demand skyrocketed. Saffron has been used as a remedy for many illnesses for thousand of years. Oddly, not much is known about the benefits of saffron. It's just one of Grandma's mysterious home remedies that has sort of faded away.

New research seems to indicate that saffron may stop mutations and cancers, help depression, help stop age related vision loss, and it was heavily used as a dye for clothing.

Much of the yellow powder is adulterated, or mixed with other things to give it flavor. Saffron is used in many cuisines.

## 86. Sage



Sage is most commonly known for treating sore throats and coughs, mouth inflammations, and gingivitis. Sage oil contains alpha- and beta-thujone, camphor, and cineole as well as rosmarinic acid, tannins, and flavonoids. Clinical studies also indicate that the substance found in sage oil may also offer antibacterial, antifungal, and antiviral effects...

In Germany, sage herb is commonly used for upset stomach and excessive sweating. In England, sage is used for some symptoms of menopause.

Recent studies show that sage improves memory, behavior, and attention. When combined with Lemon Balm it improves memory and mood. Sage is helpful in managing symptoms of Alzheimer's disease.

A little sage goes a long way. Using too much can be hazardous. No more than 3 grams (2 teaspoons) per day.

## 87. Salad Dressing



OK - salad dressing is not usually a superfood. But when you make your own dressing from superfood ingredients, you have optimized the salad in both taste and nutrient absorption.

When you take olive oil providing healthy fat to help your body absorb the nutrients in the salad, and health supporting vinegar, and garlic and other healthy spices – you have created a great superfood.

You see, we need some fat to absorb the carotenoids in the salad. Without the fat, your body is not getting all of the nutrients it could out of that great healthy salad. The best dressing would be a vinaigrette made with olive oil. Any salad dressing is beneficial if it gets people to actually eat the salad, wouldn't you say?

If you used prepared dressings, go for the low fat – instead of the no-fat. Trying to find a dressing that does not have GMO Soy or Palm oils is impossible I think. Use salad dressing in moderation of course. A little common sense goes a long way...

You can find great dressing recipes at [SaneSuperWomanClub.com](http://SaneSuperWomanClub.com).

## 88. Salmon



Salmon is high in Omega-3 fats that are good for your heart and your brain functioning. Wild salmon has even been found to protect you from UV induced sunburn and cancerous DNA changes.

Omega-3 oils help keep your mind functioning properly, and have been found to increase memory, hand eye coordination, and high level problem solving skills while reducing risk of dementia and Alzheimer's. Omega-3 fatty acids also may reduce respiratory inflammation.

Omega-3s have recently been found to cut anger, aggression, hostility, cynicism and mistrust of others in a study done at Kaiser Permanente in Oakland, CA. It is believed that the fats keep pathways to your brain clear and functioning properly. Results were seen in people eating as little as 3.3 ounces per month. Not much. Even I can handle that. Fish is not my favorite!

BUT – farm raised fish has been found to be high in mercury. When you start feeding your food sources with unnatural foods, it has to affect the food itself. That's why wild salmon and tuna are recommended.

## 89. Sardines



Sardines are good for cardiovascular health, memory, joints, skin and energy level. These little nutritional powerhouses are a great source of vitamin B12, selenium, omega-3 oils, protein, phosphorus and vitamin D. Sardines are also an excellent source of tryptophan, an essential amino acid. Ounce for ounce, sardines provide more calcium and phosphorus than milk, more protein than steak, more potassium than bananas, and more iron than cooked spinach.

Sardines are one of the few food sources of CoQ10 which is really important if you are over 40.

And speaking of 'senior moments' - sardines contain as much DHA as tuna, and 3 times the EPA. These are the Omega 3 compounds that help protect your brain cell membranes and lower blood pressure.

My grandfather used to eat sardines for a snack. It's a habit I should get in to. You should too!

Unfortunately, sardines are no longer produced in the U.S.

## 90. Seaweed



Yes, people really do eat this.

Seaweed contains all of the minerals required by human body, including calcium, sodium, magnesium, potassium, iodine, iron and Zinc. It also contain Vitamin A, B1, B2, B6, niacin, Vitamin C, pantothenic acid, folic acid, and trace amounts of B12... Seaweed helps cleanse the body of toxins. It will help bind any heavy metals in the intestines and remove them from the body.

Seaweed contains a compound called Fucoidan which destroys cancer cells.

It is said that the Japanese have such thick lustrous hair because of the high amount of 'sea vegetables' that are high in mineral content that they eat every day.

Seaweed is believed to regulate hormones, enrich your bloodstream, improve your metabolism, improve mental functioning, and give you healthy glowing skin.

It was a hot trendy thing in the 1970s to eat dried seaweed. To me it really doesn't have much taste. Maybe you could hide some dried seaweed in a salad? You could use it like you would parsley; to add a little color to dishes. I actually did see some in the ethnic rows in the grocery store. However, I would be concerned about anything coming out of the Pacific Ocean being contaminated with radiation.

## 91. Sesame Seeds



These little bitty seeds are a very good source of the minerals copper and manganese. They are also a good source of magnesium, calcium, iron, phosphorus, vitamin B1, zinc and phytosterols. In addition, sesame seeds are a good source of both dietary fiber and monounsaturated fats.

Just a quarter-cup of sesame seeds supplies 74.0% of the daily value for copper, 31.6% of the DV for magnesium, and 35.1% of the DV for calcium.

Cooking with sesame seeds is common in Japanese and Mediterranean cooking. We need to add them to more foods ourselves, don't ya think?

Throw some in your salad, or on your cooked vegetables, or in your stir-fry. Good things do come in small packages ;)

## -2. Soy

Whether it helps women with menopausal symptoms or lowers cholesterol is now questionable. New studies indicate that it's not the safest thing after all – use with extreme caution - may cause adverse effects. May interfere with thyroid medication, upset hormonal balance, block absorption of calcium and encourage prostate and breast cancers.

The World Health Organization has issued a warning about the high consumption of estrogen-like chemicals. These would include lignanes and iso-flavens found in soy products, and many packaged foods contain soy. Other sources of estrogen-like chemicals can be found in plastic packaging, and pesticides. In other words, people are consuming a large amount of female hormones.

Like many other things, there is a large amount of data suggesting that phytoestrogens (lignanes and isoflavonols), may prevent carcinogenesis and inhibit tumor growth in breast cancer, as well as prevent osteoporosis and cardiovascular disease – but when consumed in large amounts, they become dangerous. Just like alcohol – when taken in small amounts, it's a good thing. Over-do it, and it's a bad thing. And we are being bombarded.

It has even been suggested by some popular Doctors that soy is making our boys more feminine. So we may want to keep our men away from soy and tofu – to their relief I'm sure!

And to add insult to injury - most soy and soy products are now from GMO crops. Soy allergies have skyrocketed because of this.

And soy is an iodine blocker. Iodine is an important substance for heart health. So even if you're eating tons of salt, if you're eating soy you most likely are iodine deficient.

But what about the studies that say soy is healthy?

The healthy soy is the Japanese fermented soy, not the artificial processed American garbage. I remember tobacco farmers changing their fields over to soy because that's where they could make better money. They just shook their heads. They could not understand why people were buying a weed. Virtually all the soy sold in this country is not natural. If you ate soybeans straight from the field, you'd get sick. Soy contains several toxins. It's inedible until those toxins are removed.

To make it edible, soy is industrially processed. This process involves cooking crushed soybeans in a solvent made from petroleum. Some soy products are also washed in acid.

As if that weren't bad enough, 85% of the soy grown in the U.S. is from genetically modified seeds. So genuinely natural soy is almost unknown here.

In Japan, where soy earned its healthy reputation, they eat a lot of natural soy. These foods – such as natto – are naturally fermented to remove the soy's toxins. But naturally fermented soy products are not common in the U.S.

Personally, I won't eat any U.S. soy if I can help it. That means avoiding anything with the word soy in the ingredients - soy flour, soy protein, soy oil...

If you are using a protein powder - make sure it's whey protein, not soy protein. Eat these foods often to help remove bad estrogens – broccoli, cabbage, cauliflower, Brussels sprouts rapidly break down excess estrogen.

## 92. Spinach



Want to be big and strong, have a healthy heart, great looking skin, and feel great? Follow Popeye's advice and eat your spinach!

Spinach contains Vitamin C, carotenoids, calcium, magnesium, fiber and folate ... Spinach also contains Lutein, which reduces the risk of heart disease and stroke, and age related macular degeneration.

Spinach is a good source of alpha-lipoic acid, or A.L.A. which strengthens cell metabolism of liver and heart cells making them better able to withstand our abuse, and helps to reduce triglycerides.

Spinach is high in magnesium. Magnesium deficiency is linked to eye sight problems, bone loss, heart disease, colon cancer, and even MS.

Folate deficiency is linked to depression.

Spinach also contains silicon which stimulates collagen production for healthy bones and great looking skin.

Popeye was right. Make your next salad with Spinach!

## 93. Strawberries



Strawberries are full of phytonutrients called phenols. Anthocyanins give the strawberries the rich red color. And you already know that colorful foods are great sources of antioxidants!

These nutrients -

- Keep your heart healthy
- Increases memory, protects your brain from age related decline.
- Helps body get rid of excess fluids.
- Protect normal cells from cancer, and helps kill cancer cells. One study showed that strawberries or black raspberries dramatically reduced the growth of precancerous esophageal cells and tumors.
- Reduce inflammations like arthritis, asthma, atherosclerosis, and even cancer.
- Protect your eyes from macular degeneration.

Eat one cup of fresh or frozen berries per week as part of your 4 servings of fruit a day. That's not hard to do, it is?

## 94. Sunflower Seeds



Sunflower seeds are a natural source of Vitamin E, more powerful than any supplement form you can buy. Vitamin E keeps free radicals from oxidizing cholesterol and keeps it from sticking to artery walls which helps prevent clogged arteries, heart attacks and stroke. Sunflower seeds are also high in magnesium. Magnesium deficiency is linked to eye sight problems, bone loss, heart disease, colon cancer, and even MS.

And sunflower seeds are a good source of selenium – the newest darling in the vitamin world, which important for protecting your cells from cancer.

They are also a very good source of vitamin B1. In addition, sunflower seeds are a good source of manganese, copper, phosphorus, vitamin B5 and folate.

Who would have thought?

They add flavor and crunch to all kinds of salads. And they're good to munch on all by themselves.

## 95. Sweet Potatoes



It's orange, so you know it's full of beta-carotene – which you know is converted into vitamin A, which is good for eyes and great for healthy glowing skin. Also high in vitamins B & C, carotenoids, copper, iron, manganese, potassium, and fiber.

Sweet potatoes contain unique root storage proteins that have been observed to have significant antioxidant capacities. In one study, these proteins had about one-third the antioxidant activity of *glutathione*- one of the body's most impressive internally produced antioxidants. I'm willing to bet you've seen advertisements for this hot new supplement.

There are a lot of great recipes using sweet potatoes, but my favorite is just to bake (microwave), top with some butter and brown sugar. Just not as much as butter and sugar as you get in the steak houses!

## 96. Tomatoes



Oh man. That picture is one of my own homegrown tomatoes! There ain't nothin' in the world like homegrown tomatoes...

Tomatoes are rich in antioxidants that improve your immune system and may slow degenerative diseases such as Alzheimer's, osteoporosis, and cancer. They also help your body produce carnitine, an amino acid that helps you burn fat.

One tomato supplies 40% of your recommended Vitamin C. It also provides smaller amounts of Vitamin A, potassium and iron.

Tomatoes are high in Lycopenes, which are toxic to cancer cells, and helps stop cholesterol from being deposited on artery walls - but tomatoes must be cooked or processed to release the lycopene. Tomato sauce, ketchup, and tomato juice, are great examples of lycopene rich foods.

New research is beginning to indicate that tomatoes may be used to help prevent lung cancer. Two powerful compounds found in tomatoes-coumaric acid and chlorogenic acid-are thought to block the effects of nitrosamines. These are compounds that not only are formed naturally in the body, but also are the strongest carcinogen in tobacco smoke. By blocking the effects of these nitrosamines, the chances of lung cancer are reduced significantly.

Makes spaghetti look a whole lot better, doesn't it? Freshly made sauce – not jarred with all those nasty chemicals in it! Look for my recipe in the recipe section.

And home grown tomatoes are late summer treat. Heck, one good beefsteak can be a lunch all by itself!

## **Tomato Juice**

Is a blood thinner and reduces the stickiness of blood platelets which lead to clogged arteries. A cup of tomato juice a day is one of the best heart protection things you can do.

**Warning:** Avocados, bananas, eggplant, pineapple, plums, tomatoes, and walnuts contain large amounts of serotonin. Which normally is a good thing. Serotonin is the feel good chemical. But - eating them seventy-two hours before a carcinoid tumor test can create a false-positive result. Carcinoid tumors sometimes arise from tissues of the endocrine or gastrointestinal systems and secrete serotonin, a chemical that causes blood vessels to expand or contract. Because serotonin is excreted in the urine, these tumors are diagnosed by measuring the serotonin levels in the urine, and eating these foods before such a test can indicate tumors when in fact none are present. These foods should be avoided before undergoing such a test.

## 97. Tuna



Tuna is high in protein. You know that protein is the major building material for muscle, blood, skin, hair, nails and internal organs. Protein is also necessary for the formation of hormones, enzymes and antibodies.

In addition, protein is essential in fueling your metabolism, maintaining muscle tone and helping your body burn fat. Including tuna in your diet is a healthy and delicious way to stay fit and lose weight.

Tuna is a fair source of Omega-3 oils, but salmon has over 4 times more. See Salmon listing for more fish eating benefits.

Aside from the Omega 3s, and the protein, you can also find selenium, B Vitamins, and Vitamin D in tuna.

Canned tuna in oil is known for high mercury levels. If you eat canned tuna, make it chunk light tuna in water, and only once per week.

But you've really gotta try fresh tuna on the grill. It's delicious - even to a not too big on fishperson like me ;-)

## 98. Turkey



Turkey is very high in protein! High in selenium which helps repair DNA damage to your cells, regulates your thyroid, and strengthens your immune system. High in niacin and B6 to help your heart, and helps all of the functions that regulate sugar in your system.

A 5-ounce serving provides almost half of the recommended daily allowance of folic acid, and is a good source of vitamins B, B<sub>1</sub>, B<sub>6</sub>, zinc and potassium. These nutrients have been found to keep blood cholesterol down, protect against birth defects, cancer and heart disease, aid in nerve function and growth, boost the immune system, regulate blood pressure, and assist in healing processes.

And it's low in fat. Enjoy!

It's not just for Thanksgiving anymore ;-)

## 99. Vinegar



Eating vinegar with a meal helps reduce after meal sugar spikes. It can also help you lose weight by preventing the body from digesting some carbs. Vinegar is a natural antibiotic, actually killing bacteria. As in other foods, the darker colored ones have more bioflavonoids (antioxidants). Salad dressings and pickles are great ways to get vinegar in your meal.

Vinegar has been used to cure swimmer's ear ( diluted with 50% water), sooth insect bites, stings and sunburn, get rid of hiccups, and kill bacteria and germs on surfaces.

When my daughter had medical equipment (she was a micro-preemie born at 27 weeks – 1 lb. 13 oz.), the nurses sterilized the pieces by soaking in white vinegar and distilled water.

And don't forget washing floors and windows, and cleaning your coffee maker! Pretty useful stuff.

But health-wise, [apple cider vinegar](#) has more power than white vinegar. Remember that more color usually means more nutrients.

Flavor-wise, rice vinegar is smoother and makes a great tasting salad dressing without the bite.

## 100. Walnuts



Walnuts are a healthy fat source. Walnuts are a good source of Omega 3s – higher than other nuts. They also contain alpha-lipoic acid, or A.L.A. which strengthens cell metabolism of liver and heart cells making them better able to withstand our abuse, and helps to reduce triglycerides.

Nuts also contain L-Arginine which helps reduce blood clotting that causes clogged arteries, helps your body repair tissue, and supports your immune system. Walnuts are rich in fiber, B Vitamins, and a natural source of Vitamin E.

Even the FDA allows this statement -

"Supportive but not conclusive research shows that eating 1.5 oz of walnuts per day, as part of a low saturated fat and low cholesterol diet, and not resulting in increased caloric intake may reduce the risk of coronary heart disease."

But only a handful – nuts are high in calories.

They're great on your salad too.

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## 101. Water



What's the one thing that you can do that will-

- \*Help your skin look better
- \*Give you more energy
- \*Help you think better
- \*Help remove toxins from your body
- \*Help your body work more efficiently

Give up?

OK, let's have a visual demonstration. Go get a sponge from under the sink. See how dry and crusty it is? It can't work that way, can it? No matter how hard you try, it's just not going to do the job it's supposed to until you give it water. Your body is the same way. Imagine your organs shrunken and dry. How about your brain?

You can see when your skin is tight and dry.

Many of your problems, lack of energy, fuzzy thinking, headaches, endurance, joint problems, and such - could be helped with water. Yet most people are walking around dehydrated.

If you have a headache, try drinking some water. You might just be dehydrated.

You think you're hungry again? You might just be dehydrated. Drink some water and see if that takes care of it.

Make sure your body has the water it needs for all your parts to do the job they

were designed to do.

But please, that doesn't mean drowning yourself. Too much can be a bad thing too.

Add lemon to kick the healthy benefits up another notch.

## 102. Watermelon



Did You know that Watermelon is a fruit AND a vegetable? Its a member of the gourd family. Watermelon is high in Vitamin C (1 cup gives you 25% of your daily vitamin C) , Vitamin A, potassium and carotenoids, low in calories. High water content, but it's a diuretic- helps your body remove excess fluids. Also helps relieve constipation.

Watermelon has 60% more lycopene than tomatoes, helping you keep a healthy heart – and you don't have to cook it to release the lycopene like you do tomatoes. Lycopene is also toxic to cancer cells.

Watermelon helps you keep cool and avoid heatstroke in hot summer weather. Melons also contain silicon which stimulates collagen production for healthy bones and great looking skin. That with the Vitamins A & C, and this is a great skin care food, giving you great looking skin from the inside out. And it just plain tastes good!

## 0. Whole Grains



Whole grains are high in fiber – a great cholesterol reducer. The whole grain also includes plant sterols which lowers cholesterol by blocking the absorption of bad cholesterol in the intestine. High in magnesium. Magnesium deficiency is linked to eye sight problems, bone loss, heart disease, colon cancer, and even MS. But - Fiber is sort of a scrub brush for your system. And it even cleans fat. And they're filling.

But - Many people have a sensitivity to Gluten. Gluten is a group of proteins that are difficult for humans to digest. One group of proteins called gliadin is thought to do most of the damage to the intestinal lining. Glutenins are another group of proteins found in gluten and thought to be associated with autoimmune skin diseases and asthma. Gluten proteins are extremely resistant to intestinal digestion, despite grinding, cooking, processing and digestion.

It is estimated that nearly 1 in 10 people suffer from this. In some cases it's a mild annoyance that causes more gas. In that case, you can help yourself by eating fewer whole grains and eating more yogurt so you have more healthy bacteria in your digestive system. This really helps.

Some people have a full blown allergic reaction that actually attacks your autoimmune system. People with really bad cases have to stay away from grains in any form.

It seems suspect to me that since the food pyramid recommends what – 7 servings of whole grains a day? And that gluten sensitivity is on the rise? Coincidence?

From what I've read and seen, the inflammation from eating too many whole grains - especially whole wheat, is causing joint problems, arthritis, and heart

disease. I can't tolerate them. I prefer to get my fiber from vegetables.

If you are eating a lot of whole grains and have any of the problems listed above, try cutting back and see if that makes a difference. You can also refer to the anti-inflammatory foods in the to help reduce your inflammation.

Just like any other radical advice, take it with a grain of salt. Moderation is key.

## 103. Wine



There's more to wine than the newly hyped resveratrol. For many centuries, wine was safer to drink than the water. It was used as a digestive aid even before Jesus was born.

Some varieties contain a cholesterol fighting chemical called saponins. Zinfandel has been found to have the highest saponins.

All wines, when limited to about 5 glasses a week, help raise good cholesterol. Good cholesterol helps your body get rid of the bad cholesterol.

In Germany they alternate sips of wine and cold water. The water helps flush the system, and cold water burns more calories as the body warms it. The combination is also said to boost metabolism. German wines naturally contain less sugar because of the way grapes grow in that cooler region.

Red Wine contains the now famous resveratrol – a compound that blocks a key protein that cancer cells need to survive – actually starving them to death.

And it helps colds and flu viruses. I can personally attest to this. If you're feeling like you're coming down with something, have a glass of wine and get 8 hours sleep.

And we all know it has a sedative effect.

Drinking alcohol on an empty stomach can raise blood pressure by as much as 40%. You also may have heard that wine increases your risk of cancer. More in-depth research shows that red wine may cause cancer in those who have a deficiency of folate.

Strangely, once you consume more than 5 glasses a week, it completely reverses and causes the same problems that moderate consumption solves. There were many warnings in the Bible to not drink too much wine.

There we go with that balanced diet and moderation stuff again ;-)

## 104. Yogurt



Yogurt contains a culture that keeps your intestinal flora (good bacteria) in balance.

Yogurt reduces bad bacteria and helps reduce infections. Some cultures use it topically as well.

Yogurt is high in calcium, good for your bones, skin, hair, teeth. It helps weight loss by helping the body burn stored fat. Yogurt is also high in potassium.

Yogurt should be enjoyed everyday.

Yes, some are high in sugar. That new Stonyfield organic yogurt is really good. Its carried at WalMart would you believe...

Other well known companies are listening and removing corn syrup.

Always read your labels!

## ***What Will You Do Now?***

See, healthy eating isn't as hard, or mysterious, or as yucky as you've been led to believe. It's actually really easy. I've got my 20 year old daughter coming home and making dinner - by choice. And its way cheaper than eating out!

Now, what are **you** going to do with all this knowledge?

A good place to start is to have a family meeting and have everyone pick their favorite healthy foods. Then start planning your menus around the healthy foods that you all already like to eat.

Then, you can head over to [CommonSenseLiving.com](http://CommonSenseLiving.com) and find hundreds of fast and easy recipes to get you started.

Make it a goal to remove as much packaged and processed food from your diet as humanly possible. After you've been away from the fake foods for a while and your tastebuds have healed, you'll find that the chemical taste actually grosses you out.

Real food tastes so much better than the packaged and processed stuff. The foods you'll be eating now will make you thinner, healthier, smarter, and younger. And you'll have more energy to get off the couch and start enjoying life more.

See? Healthy eating can be fun!

And passing this down to your kids will help insure that they can live a healthier life too. When my daughter has friends over, I try to make a healthy meal so that they can see how good real food tastes.

Imagine the impact we could have on healthcare costs and obesity if we could help more people simply eat real food instead of the chemical laden, disease causing fake foods. Food for thought...

Wishing you the best life has to offer,

*Carole*

*For recipes and more - [CommonSenseLiving.com/members](http://CommonSenseLiving.com/members)*

Quiz - what foods contain heart healthy lycopene?

Which one DOES NOT have to be cooked to release the lycopene?