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DANA WEINSTEIN

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Introduction

Superfoods, by my definition, are foods that can offer superior nourishment in a natural form. This is nutrition as it is created by nature, and so generally includes foods that are wild harvested or untampered with genetically.

Many of the foods that are in our supermarkets are from commercially grown crops that over decades of selective breeding or genetic modification, have had much of their nutrition bred out of them in favour of preferences in tastes, farming efficiencies and yields. This practice has potentially caused many of the beneficial phytochemicals in our foods to be lost.

Superfoods, on the other hand, are quite often new to the food industry, and are not available on a wide scale. I would include in this category foods such as acai, camu camu, maqui, sacha inchi, graviola, cupuacu, lucuma, mesquite and chia seeds. Many of these foods were widely unknown by most of the world even as little as a decade ago, although venerated by the local populations where these foods are naturally occurring.

Much still needs to be learnt about many of these superfoods, another indication of how new many of these products are to the food industry, but what seems to be agreed is that by going back to the wild and harnessing foods in their natural forms, with all their nutritional benefits intact, we are harnessing what nature has to offer, which is amazingly complex combinations of nutrients that seem to

be beautifully balanced to supply us with what our bodies require to flourish.

Another added benefit of superfoods is that they generally come from areas in the world that are little developed, and still exist because their natural environments have been untouched. This is why many of these foods come from places like the Amazon Jungle, Patagonia, the Peruvian Andes, the Tibetan Himalayas, the Pacific Isles. By this very fact, many of these foods are also naturally organic - far from areas of commercial farming and crop spraying.

What this means is that by harvesting these superfoods, and giving them economic value through their sales around the world, the local populations aim to protect these areas, as the natural fauna has more value kept intact than cleared for commercial farming. It also means that often the harvesting of these foods provide local communities with a means for sustainable economic development.

So let us celebrate nature's wealth of nutrients in all its varieties, supplied to us by nature in its own unique and special combinations. We have within our reach a true powerhouse of natural ingredients to provide us with the nutrition we need for healthy living.

The word super means very large, great, excellent, first-rate or extreme. The term superfood mean food that are are high on phytonutrient content that brings a lot of health benefits. Superfoods usually contain large amounts of antioxidants, anthocyanins, vitamin C, manganese, dietary fiber and many more.

Superfoods are also organic foods. Organic foods mean that these are foods such as fruits, vegetables, nuts, seeds and

legumes that were grown without the use of conventional pesticides, artificial fertilizers and other chemicals, free from contamination by human or industrial waste and has been processed without ionizing radiation or food additives.

Superfoods are also raw. Being a raw food means that these foods are un-cooked and unprocessed. If they are to be heated they are only warmed to a temperature less than 104 degrees to 115 degrees fahrenheit.

Being organic and raw, they also preserve the nutrients and minerals they naturally have. So what are the best raw organic superfoods in the planet? Start taking notes because this is going to be long one.

The first on this list should be cacao because it packs a lot of antioxidants. Cacao as a raw organic superfood can be raw cacao nibs, fruity cacao, raw cacao powder or sacred chocolate. According to the studies done by food scientists, pure cacao has nearly twice the antioxidants of red wine and three times than green tea. With this raw organic super foods, the number becomes 14 times higher than red wine and 21 times more than green tea. Super foods with that antioxidants has to be in this list.

Another potent superfood is blue-green algae. This raw organic superfood has got the world's most concentrated source of chlorophyll, a protein powerhouse and helps remove heavy metals and other environmental pollutants attacking our bodies. Blue-green algae also gives us a healthy immune system, healthy brain and nervous system, a balanced metabolism, increase energy, stamina and mental clarity and increases stress tolerance.

Also another one that needs to be on the list is cordyceps. This superfood is an un-paralleled broad spectrum superfood that has very desirable effects on the entire body. It can strengthen the immune system, increase libido and sexual performance, radically increases stamina, endurance and cellular energy, cellular detoxification, supports healthy lungs and respiratory system, supports healthy strong heart and cardiovascular system, improves memory, increase nutrient absorption and promotes reductive sleep.

There are still a lot of raw organic superfoods such as marine phytoplankton, immune detox and revitaphi.

The motivations for including superfoods in your diet are manifestations of the realization you need to eat food for the health of your body not for convenience nor from the habits you have developed over a lifetime. The first step needs to be a desire to understand how the food you normally eat affects your health. A health crisis is often the motivation to examine the dietary choices you make every day.

The media has stories everyday regarding the obesity epidemic in this country. Development of diabetes, heart disease and cancer will shock most people into rethinking what they are eating everyday. Obviously the diets of many people in this country are not based on sound nutrition, are not balanced, are not nutrient rich, are chosen to promote health. The most advertised food choices are based on convenience; taste and promoting highly processed factory foods full of fat and sugar.

The endless television ads promoting fast food, ready to eat meals, salty snacks, processed foods, high sugar cereals, processed meat products, high carbohydrate foods and sugar based beverages influence millions of people to eat