



Using Superfoods to Supercharge your Life

HOW TO GET THE BEST NUTRITION
FOR A BETTER QUALITY OF LIFE!



CONTENTS

INTRODUCTION..... 3

Coconut Oil..... 4

Chia Seeds..... 5

Flax Seeds..... 6

Chlorella..... 7

Spirulina..... 8

Nutritional Yeast..... 9

Apple Cider Vinegar..... 10

Where to Get Them..... 11

An Easier Way.....12

RESOURCES..... 13



GET YOUR SUPERFOODS

It's not just hype...

Known as “superfoods” because of their high nutrient content... they stand out in almost every category of nutrition...

And they're all easily absorbed by the body.

Best of all, they serve as much needed supplements to whole foods and can be easily added to meals & juices!

Keep them on hand as regular staples and key ingredients for all kinds of healthy recipes... and for giving your health an amazing boost!

Coconut Oil



LOADED WITH...

Medium Chain Triglycerides (MCT)
– fatty acids that are easily
digested – coconut oil is highly
nourishing.

Also, being the best source of
lauric acid – it's hard to find
something coconut oil doesn't help
with!

ESPECIALLY HELPFUL IN...

- Immune System strengthening
- Weight loss
- Improved digestion
- Antiviral... Antibacterial... Anti-fungal... Antioxidant protection
- Anti-inflammatory—suppressing inflammation and repairing tissue
- ... just to name a few!

HOW TO USE

– Add 1-2 tablespoons daily with your
juices... or take directly by mouth.

– **Keep in mind**, it solidifies at 24° C or
76° F, so you may need to slightly warm
it up before adding.

Also, if your juice is cold, it could solidify
in your juice.

Or use as an excellent cooking oil...

Chia Seeds



A TRUE "SUPERFOOD"

Chia seeds are 20% protein and have 5 times more calcium than milk!

Adding chia seeds to juice solves your fiber problem too – they are 40% fiber, one of the best sources you can find!

PACKING A PUNCH...

- With 7 times more Vitamin C than orange juice
- 3 times more iron than spinach
- 8 times more omega-3 than salmon
- Twice as much potassium as bananas
- And... 19 amino acids – WOW!

HOW TO USE

- It's best to add a few tablespoons to a small jar or container and fill it with water.
- Stir it **up** and within 15 minutes it will form a gelatin-like liquid as they absorb water.
- 2 or 3 spoonfuls of this gel-like liquid with the seeds is enough for each juice. Add to any other drink, salad or food as you like... or eat directly!

Flax Seeds



LOADED WITH NUTRIENTS...

Rich in Omega-3, Dietary Fiber, they are known to improve cholesterol and heart health... may also lower blood pressure, and be helpful in controlling blood sugar, and other food cravings.

They also have high levels of the polyphenol called Lignans.

POWERHOUSE...

- High in alpha-linolenic acid (ALA), a plant-based omega-3 fatty acid.
- Contain two types of dietary fiber — soluble (20–40%) and insoluble (60–80%).
- Flaxseed protein is rich in the amino acids arginine, aspartic acid and glutamic acid.

HOW TO USE

- Ground flax seed and flax oil are both easy to digest and convenient for all recipes.
- Add 1-2 tablespoons to juices, smoothies, food toppings, baking recipes, yogurts & salad dressings (flax oil).
- Don't exceed 5 tablespoons per day in general and avoid if you've had risk or history of breast cancer (with lignans being type of phytoestrogen).

Chlorella



THE GREEN MACHINE...

This fresh-water algae removes heavy metals and toxic chemicals... giving you an instant detox!

Among its many other benefits, Chlorella is known to boost the immune system strength and fight infections



CHECK THE STATS...

- Contains 60% protein... more than 2x the amount in red meat or chicken!
- Loaded with 18 amino acids, fatty acids and more than 20 vitamins and minerals.
- It's also the world's richest source of chlorophyll – harnessing the power of the sun!

HOW TO USE

- Adding 1-2 tablespoons to any juice recipe (powdered form).
- Add to raw food recipes, avoid heat.
- 3 to 4 grams per day is recommended, either in tablet or powdered form.
- Real food...tablets can be eaten like nuts or seeds (unlike other types pills)... consider it a food... not a supplement!

Spirulina



BIG BLUE...

Another freshwater (blue-green) form of algae, Spirulina is a nutritionally complete food that fights all kinds of disease, removes toxins and boosts digestion.

Also helps lower blood pressure and prevent cardiovascular disease.



THE NUMBERS...

- With 60% protein, easily outdoing traditional animal sources.
- Highest content of beta-carotene... 10x the amount of carrots!
- Filled with antioxidants, iron, magnesium and trace minerals.
- And it's also the highest natural source of Vitamin B-12!

HOW TO USE

- Add 1-2 tablespoons of powder to any juice, smoothie, water or other drink.
- Use in raw food recipes, avoid heat.
- 3 to 4 grams per day is recommended, either by tablet or powder.
- Like Chlorella, don't think of it as a supplement, consider it a whole food.

Nutritional Yeast



TASTY CHOICE

Not to be confused with active yeast or Brewer's yeast, nutritional yeast has a nice flavor – somewhat like cheese.

It will thicken your juice a bit and marries well with the flavor.

Also very popular with Vegans who use it as a source of vitamin B-12.

GET YOUR B-VITAMINS...

- Vitamin B1 (thiamin) - 640% Daily Value (DV)
- Vitamin B2 (riboflavin) - 560% DV
- Vitamin B3 (niacin) - 280% DV
- Vitamin B6 - 480% DV
- Vitamin B12 - 130% DV
- Folic Acid - 60% DV
- Protein - 8 grams

HOW TO USE

- Add 1 heaping tablespoons (daily recommended dose) to any juice, smoothie, water or other drink.
- Also great for salad toppings and as a cheese replacement.
- A low-fat, low-sodium, kosher, non-GMO food containing no added sugars or preservatives.

Apple Cider Vinegar



MULTI-USE

Made from crushed apples, yeast and fermented sugars... bacteria are later added to create acetic acid, the main active ingredient.

Kills pathogens and bad bacteria.

Organic, unfiltered apple cider vinegar, contains "mother," or strands of proteins, enzymes & healthy bacteria that give it a murky appearance.



KEEP IT HANDY...

- Known to detoxify by binding to toxins & stimulating blood flow
- Aids digestion, supports the immune system and is anti-bacterial by nature.
- Helps in controlling appetites and promoting weight loss by lowering blood sugar and insulin levels.
- Can reduce blood triglycerides, cholesterol and blood pressure.

HOW TO USE

- Dosages can range from 1–2 teaspoons to 1–2 tablespoons per day, in juices or water with raw honey.
- Also great for salad dressings.
- Be sure not to overdo it on a daily basis.
- Use as a disinfectant or natural preservative.

WHERE TO GET THEM

Click Link to Order

Chia Seed:

[Nutiva Organic, non-GMO, Premium Black Chia Seeds, 32-ounce](#)

Coconut Oil:

[Healthy Origins Organic Extra Virgin Coconut Oil, 54 Ounce](#)

Flax Seed:

[Spectrum Essentials Organic Ground Essential Flaxseed 14 oz. \(Pack of 2\)](#)

Chlorella:

[NOW Organic Chlorella Powder, 1-Pound](#)

[Dr. Mercola Fermented Chlorella 1000mg – 450 Tablets](#)

Spirulina:

[Spirulina Powder 1 lb – Now Foods](#)

[Healthy Origins Organic and Kosher Spirulina, 500 mg, 720 Tablets](#)

Nutritional Yeast:

[Non Fortified Nutritional Yeast Flakes, Whole Foods Based Protein Powder, Vegan, Gluten Free, Vitamin B Complex, Beta-glucans and All 18 Amino Acids](#)

Apple Cider Vinegar:

[Bragg Organic Raw Apple Cider Vinegar, 16 OZ \(1 pack\)](#)



IS THERE AN EASIER WAY??

What's Missing...

Superfood nutrition is essential for everyone, to look, feel and perform better... to help heal your ailments... or simply as a bridge to a healthier all-around lifestyle... like it was for me!

However with all the work, research, planning and trial & error involved *it's definitely not convenient for everyone... especially for busy folks.*

*Having discovered this first hand... I found the easiest, most convenient and most effective way to nourish and cleanse my body **without all the work and time commitment...** with far better results than I could have ever imagined!*

You need to find the missing pieces, and find convenience and ease with healthy lifestyle habits... all the ways where traditional diets and detox routines are lacking...

...and get everything you need to perfect your routine and experience with even better results, including...

- Amazing natural energy levels...
- Faster recovery...
- Better sleep...
- Sharper focus...
- Look & feel your best at any age...

And saving time & money, while truly enjoying healthy living with simplicity and ease!

*Click below to learn about this simple time-saving, productivity booster that keeps 1000's of busy people like me inline and performing our best... without restrictive diet routines and all the run-around, guess work and stress!

**[CLICK TO DISCOVER THE MOST CONVENIENT WAY
TO GET THE BEST SUPERFOODS INTO YOUR BODY!](#)**

RESOURCES

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