

## Superfoods 101

Although there is quite a few definitions about superfoods around, I feel I can describe superfoods the best as food or food ingredients that contain more nutrients than normal foods whilst possessing unique health promoting properties.

Many tribes in remote parts of the world have very little disease and are free of disease even at old age. When these people were studied as to why they became so old and were in such good health it became always soon apparent that it had something to do with the unique properties of the foods they eat.

Superfoods are not a new hype. They have been growing for thousands of years on our planet and many cultures have lived successfully upon them for centuries. Superfoods are also responsible for the excellent health these people and tribes are in and have withstood the test of time successfully! Superfoods can be called the stars under the foods as many of them are still being discovered or we are revealing more unique properties and benefits about already known superfoods. The knowledge about these foods and how to use them was never available to us like it is today. Nowadays we can have all the greatest foods of the world and eat better than royalty! Therefore we can say we live in very exciting times to have access to these great foods so easily!

### Why Superfoods?

Superfoods are the ultimate functional foods. Not only do they help external beauty with like the beauty of skin, hair and nails. They also feed our inner body systems like the organs, reproductive system and help to build a stronger immune system. When they are taken in the right amounts on a regular basis they will increase health and vitality profoundly because they will be able to correct long time imbalances and deficiencies. Most superfoods have a great taste and are welcomed in the kitchen by many. They help the transition to a healthy lifestyle without having to miss any tastes or taste sensations! Foods have to taste good and what a bliss superfoods are!

Superfoods can easily fill nutritional gap left by junk foods but of course it would be less than ideal to keep eating junk foods! Consider this- In the average superfood drink we make at superfoodcuisine we receive more nutrition than a person on a standard commercial diet in a whole month! This is nutritional power!

A good choice to improve energy and health is to eat a wide range of organic fruits and vegetables accompanied with a variety of superfoods. While it is perfectly possible to live on superfoods it stands out that normal organic fruits and vegetables still have their place in a healthy lifestyle and a wide variety of them should also be incorporated for a balanced healthy lifestyle.

We make a difference between following classes of foods:

Raw Superfoods such as Goji Berries

Raw Superherbs such as Agaricus or Reishi

Raw normal foods such as tomatoes

All categories have their place in the Superfoodcuisine lifestyle. Some examples of Superfoods and Superherbs are:

Golden-berries

Maca powder

Cacao

Olives - raw

Bee pollen- fresh

Royal Jelly- fresh

Aloe Vera

Hemp seeds

Blue green Algae (AFA)

Goji berries

Spirulina

Camu camu

Reishi

Agaricus Blazei

Chanca Piedra

Pau D'arco - inner bark

Purple corn

etc

Are Superfoods expensive?

That depends on how you look on it. People that start eating healthier also start to eat less meat, fish, diary products and breads/pastries. These foods can add up quite a bit to the food bill! Some people feel so good eating less of those food groups that they abandon eating them! This way the end result is more or less the same. A wise men once told me: "You better pay more for something then less for nothing"

Superfoods are nature's best foods containing unique properties. Most of our Superfoods are imported. We make sure the cooperatives and farmers we work with get fair prices for their goods. This way we empower them to sustain themselves and their communities while helping to preserve the precious local flora.

Superfoods are not expensive, they are an investment in yourself. One of the best investments you will ever do. One thing is for sure you better pay now then later. Go talking to the people that are in the hospital right know. Who pays the bills? The cost for hospitalization are tremendous and everybody has to pay eventually. Put your priorities first. We all want a dream-car and a nice house but what are you with this and no health? I know a few people in this situation personally and let me tell you - they feel miserable! Real health is everything. Once you have that go and work for that dream-

car, that dream-house and experience real quality and real happiness!

If superfoods really are too expensive for you go out in the wild and eat them there = local superfoods are free!

Beware: Not all superfoods are equally produced. We pay a lot of attention and care throughout the whole production process. Most of our foods are organically certified. The ones that are not are guaranteed to be free of pesticides. Yearly we receive a certificate of analysis of our growers. All the products are tested for contaminants and are 100% free of them. They are safe for human consumption in their raw uncooked state! Our procedures results in more nutrients and a better taste. We guarantee our costumers the worlds best superfoods!

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