

What They Are & Why You Need Them!



Superfoods are derived from a variety of plant sources, sometimes single, often multiple. What makes them stand out, especially in this age of nutritionally depleted soils, plants and processed foods, is their remarkable abundance of high-quality nutrition. Consuming them can supercharge your health and well-being, can slow (and even reverse) aging, lessen inflammation and pain, boost immunity, and prevent the ravages of degenerative diseases. If you are what you eat, then consuming superfoods can return you to SUPER health!

Through this magazine and my website, I've been advocating, providing, and personally consuming, various superfoods for decades. I wouldn't be without them. As a result, I'm relatively healthy, am on NO drugs, have rarely been sick, and people often mistake me for being many years younger than I am (now in my mid-sixties). I will describe here five of my favorite superfoods, but first, let's look at their WHATs and WHYs.

The why is simple. Feed your body everything it needs to regener-

ate itself—and it will! Eating superfoods is the easiest and least expensive way to provide your body with the FULL SPECTRUM of what it needs—high quality proteins (preferably vegetable sourced) or their building blocks, the amino acids—the 13 or so “essential” ones (can't get them unless you ingest them), and

several more non-essential ones (can be created within the body from other foods). Of course, you need quality (not synthetic or processed), plant-based vitamins and minerals. Sadly, we can't count on those shiny, good-looking vegetables at the supermarket for any significant amount or quality of vitamins and minerals anymore, because of the poor quality in the soil from which they were grown, and due to all the other hazards of today's industrial farming.

That's the short list of what's so essential about nutrient-dense superfoods, the likes of which you simply can't get today otherwise. A longer list would include micro-nutrients, trace minerals, antioxidants, anti-inflammatories, Omega 3-6-9 essential fatty acids, LIVE enzymes, and all the things that a good-quality superfood, coming from—not too far directly from—NATURE, can offer your body. If it's a real superfood, you will feel it, you will know it, and your body, mind, and spirit will be grateful for it!

Here's a quick overview of the woes of modern food production. As mentioned, depleted soils yield

nutrient-lacking produce. Fifty years ago, the nutritional quality of our fruits and vegetables was TEN times greater. (TEN salads for lunch, anyone?) Early picking, refrigeration, then lengthy storage and shipping adds further degradation. The use of herbicides, pesticides and chemical additives in non-organic farming has almost reached the breaking point. What about GMO crops? A high percentage of this country's corn and soy is already GMO'd—and a very high percentage of all processed foods use these as fillers. We really don't know the long term effects, yet we are witnessing them in our own bodies: obesity, diabetes, chronic fatigue, chronic cravings, earlier onset of degeneration, etc.

Yes, eating organic is much better, but it's expensive, and are the concentrations high enough? Not compared to some of these superfoods! One researcher compared the \$3 serving of Moringa and the nutrition it provides to the purchasing of organic fruits and vegetables. He concluded you'd have to buy and consume \$40 worth of these foods to get the same nutritional value.

MY FIVE FAVORITES

1) MORINGA. If you've been reading *Natural Life* over the years now, you've seen the ads for Moringa (called “the miracle tree”). This is an equatorial tree that goes far back in time. Truly a FULL-SPECTRUM food source, you could fast on parts of this plant alone and stay healthy indefinitely. Moringa contains several THOUSAND times more than any other known plant of a powerful nutrient called ZEATIN, known and well researched for its



ability to regulate and promote cell growth and to delay cell aging.

Moringa leaves contain over 90 essential vitamins, minerals and amino acids, and the seeds are a great source of the Omega 3, 6 and 9 oils—all combined as Nature designed. India’s traditional medicine (far older than ours) uses Moringa to treat over 300 diseases. Its high concentration of nutrients outstrips almost anything else that you can eat.

There are many sources for Moringa—you can buy the leaves in bulk now, but in my experience, no other company does it as well as Zija. The Moringa they use is sourced in southern India, on family owned, organic plantations. It is sustainably grown and shade dried. All the valuable parts of the plant are used, not just the leaves, and the raw materials are shipped to Salt Lake where it is processed in a pharmaceutical-grade plant, into the handy green powder packets that they call SuperMix.

The Zija company offers an easy and effective weight loss program, a sports-nutrition and a skin-care line, and also top-quality essential oils. See their ads throughout this magazine for more info.

I’ve sat with Zija’s president

(Ken Brailsford, the original founder of Nature’s Sunshine) and collaborated with the formulator (Russ Bianchi) in the writing of many articles (at NaturalLifeNews.com). I have the highest respect for Zija’s quality and integrity as a company.

A word on taste—all of Zija’s Moringa products taste delicious—they worked hard on this. One earmark of very STRONG Moringa (called “the horseradish tree”) is its very difficult taste in its raw form. Try the taste test in some other Moringas on the market. If it’s mild, it’s probably worthless.

One final major benefit of this “miracle tree” is that it has the world’s highest concentration of Tryptophan. This is a hard-to-find amino acid that promotes mental and emotional well-being, stress reduction, and restful sleep. It’s the precursor of serotonin and melatonin.

2) E3LIVE’s AFA (Blue-Green Algae). Michael Saiber is the founder of this company based in Klamath Falls, Oregon—again a man



of great vision and integrity. The Klamath Falls blue-green algae is another outstanding superfood I recommend. This algae has been a famous source of nutrition for decades, but this is the only company that offers it fresh-frozen. They

go out on the lake and harvest it with paddle boats. They filter it, they freeze it, and they ship it. It’s about as close to not-at-all-processed as you can get.

This particular strain of blue-green algae (*Aphanizomenon flos-aquae* or AFA for short) is quite rare and quite powerful in its nutrient profile. It is known as “Earth’s First Food” for a reason—legend has

it that the blooming of this algae on the waters is responsible for giving the Earth its oxygen and breathable atmosphere—IN THE BEGINNING!

It’s full of chlorophyll (like drinking a green blood transfusion) and is very high in protein. Again, you could live off it. (See its many benefits elsewhere in this magazine.)

You can purchase it dried and in capsules, but it’s FAR superior in terms of aliveness when fresh-frozen. How do you ship an ice cube in the mail? Well, there’s the rub! It is shipped six bottles at a minimum and arrives 2nd-Day-Air in a box, still rock-hard frozen. It stays fresh defrosted in the frig for 7 days; stays good in the freezer for 2 years; BUT will go bad, like milk, if left out for a few hours. So it IS alive—it’s E3Live!

3) E3LIVE’S SPIRULINA.

This same company has just started to ship E3-Spirulina-Live, organically sourced from Florida and also shipped fresh-frozen. Again, there is no superior way to source or to consume this amazing superfood. Dried or in capsules does not compare at all. Often called, “the most nutrient-dense food on the planet,” spirulina is also a blue-green algae—in this case, strikingly blue!

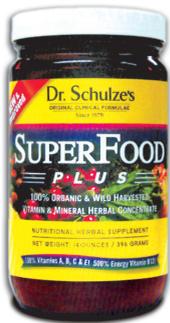


Spirulina is 65% vegetable protein, higher than any other food. Did you know that animal flesh is only 20% protein (and much harder to digest)? It has ten times more beta carotene than carrots. It is a super-abundant source of Vitamin B-12, which is hard for vegans and vegetarians, especially, to get enough of. Again, its nutrient profile is almost unmatched in the plant world.

A word on taste for these last two. Both E3Live’s AFA and spiruli-

na have an “earthy-grassy” taste that is mild and pleasant, especially in cold water or in any smoothie or with juice. Neither are as difficult as wheatgrass juice, which is a great superfood, but difficult for some, because of taste.

4) DR. SCHULZE’S SUPERFOOD. I have been a customer and provider of this product for decades. Dr. Richard Shulze is one of the world’s most respected her-bologists and his SUPER-FOOD PLUS is his flagship food supplement.



Right off the glass cannister, here are its ingredi-ents: Wild-harvested spirulina algae, organic blue-green algae, chlorella broken-cell algae, organic barley grass, organic alfalfa grass, organic wheatgrass, organic purple dulse

seaweed, organic acerola cherry, organic rose hips, palm fruit, organ-ic lemon peel, organic orange peel, organic beet root, organic spinach leaf, non-fermentable saccha-romyces cerevisiae nutritional yeast.

Need I say more? The multiple sources for this product ensure a FULL SPECTRUM of high-quality nutrition. This one is available through me or at the health-food store. Many people swear by it. It tastes fine in smoothies, and if you’re braver, simply with water. It can be a bit gritty for some tastes.

Dr. Shulze sells three other fine products to wholesalers like myself, it should be noted. His Intestinal Formulas 1 & 2 are excellent for a deeper cleanse, and his Echinacea tincture is wonderful to ward off winter colds. His liver-gall bladder cleanse and his kidney-bladder cleanse, both 5-day programs, have

been literal life-savers for many.

5) SWEDISH POLLEN EXTRACT (SPX). I will mention finally the lovely flower-sourced Swedish Pollen Extract that Christopher Rudy sells. He is a regular writer in this magazine

(and actually one of its founders). You’ll find the list of this remarkable white powder’s nutrients elsewhere here—a great superfood to top off this list.



There are other SUPERFOODS on the market worth mentioning,

such as the Goji Berry, the Acai Berry, and the Camu-Camu. These three have specific super-strengths but would not be considered FULL-SPECTRUM foods. Like the more famous semi-superfoods (blueber-ries, kale, chia seeds, quinoa, turmeric, garlic, etc.) they are better used in combination. Cacao, a com-ponent of chocolate, is also proving that it has superpowers.

COST? What is your health worth? How much do most people spend on poor-quality foods and beverages in a day? If you are losing your strength, vitality and health from a lifetime of lifestyle choices, why not give one, or more, of these superfoods a try? None of these are out of reach in terms of cost. And they’re far less than the cost of crisis-level health care!

So experiment! Find what works best for your body—and ENJOY the benefits of superfoods! ■

Denis Ouellette is a holistic-health practitioner and researcher with over 30 years’ experience. He currently offers bodywork and breathwork sessions in Livingston and Bozeman. He is an author and the publisher of this magazine. Call (406) 333-9800. Visit: IntegralBreathwork.com.

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