



**SUPERFOOD
SUPER YOU**

Dr. Josh Axe

Introduction

Isn't it frightening to learn a loved one has a serious health problem like cancer, heart disease or diabetes? Five of six Americans die of heart disease or cancer, diabetes has tripled in the past ten years and by 2025 it's estimated that 50% of all Americans will be obese! People are in great danger today and desperately need a hero...That hero is Superfood.

What bodily Villain are you battling? Weight Gain? Lack of Energy? Digestive Problems? No matter the issue, Superfoods can help you win!

In this eBook you'll learn exactly which Superfoods can help you conquer and achieve your health goals. Maybe you've tried every weight loss program, product, and pill on the planet, but the weight won't come off or it just keeps coming back. I have some great news for you!

I'm Dr. Josh Axe, and I'm here to help you become a super-you! I've seen thousands of people achieve their health goals through my radio show, books, and seminars. Everyone from stay-at-home mom's to Olympic level athletes. I'm also a wellness physician and triathlete, but mostly I'm passionate about helping people transform their health and lives.

Are you ready to become a super-you?

Mom's Victory with Superfoods

Seventeen years ago my mom was diagnosed with breast cancer. That was a crazy reality for my family at the time because she was a gym teacher, swim instructor and an active mom who looked healthy. How could someone so active end up with cancer at 40? I was thirteen years old and remember asking myself this question, but having no answer.



Dr. Josh Axe, Nashville Triathlon, TN

My mom made a trip to the doctor where they recommended surgery and Chemotherapy. Taking their advice, she went through all the traditional medical treatments. I still remember watching her hair fall out and thinking she had aged 20 years in two weeks after going through her chemo treatments. She pressed on through her treatments, like so many do today, and after battling for months she was diagnosed as cancer free and ihealthy!

Sadly, even though she was diagnosed as being healthy after her treatments, she was sicker than ever. My mom struggled with chronic fatigue, depression, constipation and was sick all the time. She continued to have these problems for another ten years until one day I received a call from her. She'd just been told by her doctor that they found a 2.5 cm mass on her lungs, and from the scan, they believed it was cancer. They were recommending surgery and radiation, but this time she wanted to do something more natural.

Rather than going the traditional medical route, she decided to follow my advice and take a natural approach. The biggest thing my mom changed was her diet. Previously, she thought the three main food groups were fast, frozen and instant. We changed that to Kefir, Kale and Blueberries!

She went back for a checkup four months later, and to the doctor's amazement, the tumors had shrunk in half.

One year later the tumors were completely gone! She needed a Superhero and we give all the glory to God for healing her, but we know that God created Superfoods to give her health back. Today she's in the best shape of her life.

She actually just raced her first 5K last year and finished second in her age group at 58 years old! She went from Supersick to Superstar, by eating Superfoods. Can you see where superfoods could possibly help a loved one you know? Wouldn't it be of great value to them for you to share this information? Once you read this eBook, you can share these teachings and be a hero to someone else!



My mom and dad after she placed 2nd in her 5K

What are Superfoods?

Superfoods are natural, nutrient-dense compounds that contain high concentrations of essential nutrients with proven health benefits. They're high in vitamins, minerals, omega-3 fatty acids, probiotics, or antioxidants... just to name a few!

Over the past several years I've worked with a range of Olympic level athletes, and they all have the same thing in common...they're simply the best at what they do! I like to think of SuperFoods like Olympic competitors. If you're picking someone to be on your relay for swimming, do you want Joe Schmoe, who's never swam a day in his life, or Michael Phelps? It's obvious, Michael Phelps is a superior athlete and if you want to win, you want him on your team. It's the same with food.

If you want to age slower and live longer, you can pick donuts or blueberries to be on your team. If you want to win, go with blueberries because they have super antioxidants for anti-aging. I'm not saying you can eat a specific superberry once a day, followed by a double bacon cheeseburger and still expect peak results. SuperFoods work better as a team. Like the Avengers, X-Men, or Power-Rangers by their powers combined. You can achieve super health results by combining certain SuperFoods together.

African Mango + Amasai + Chia = Super Weight Loss

What's your biggest health goal? Is it to lose weight, detox, age slower, build muscle, or increase athletic performance? Depending on what type of super results you want to see you're going to need a super plan. I know everyone has different health goals so I created 4 tracks for you to follow.

"Let thy SuperFood be thy SuperHero!"



*Dr. Axe, Ryan Lochte
U.S. Swimming National Championships*

4 PLANS FOR FAST RESULTS

I divided the superfoods into four sections, but all these superfoods can help you in all areas. For instance, the superfood Amasai helps you lose body fat, build muscle, age slower, AND detox! I personally consume all the superfoods, so read through each section, then pick your plan at the end. Ready? Up, up, and away!

1. Weight Loss
2. Detox

3. Anti-Aging
4. Muscle Building

THE SUPERFOOD LIST

1. H2O (low TDS water)
2. Cultured Dairy (Amasai, Kefir Beta-Casein A1 Free)
3. Kale
4. Berries (Blue, Rasp, Indian Gooseberry)
5. Chia and Flaxseeds
6. Broccoli
7. Wild Salmon
8. African Mango
9. Pastured Eggs
10. Algae (Green, Brown, Blue-Green)
11. Raw GreenFed Cheese
12. Avocado
13. Cinnamon
14. Coconut
15. Green-fed Beef
16. Garlic
17. Turmeric
18. Fermented Whey
19. Cocoa
20. Almonds



Super Weight Loss

African Mango
Coconut

GreenFed Dairy
Cinnamon

Kale

The statistics are stunning! 34% of Americans are obese and 32% are overweight. That means exactly 2/3 of Americans need to lose weight. Obesity has doubled since 1980 (*National Center for Health Statistics*). 32% of kids are overweight and 16% of American children are already obese! (*Center for Disease Control 2009*)

We don't just need to lose weight to look good in a swimsuit, we need to lose weight to live and fulfill our God-given missions. Research shows that obesity doubles your risk of heart failure and triples the risk of breast cancer in women! The average middle age weight gain of 22 lbs increases your risk of a heart attack by 75%. But think about the flip side,

**If you lose 22 lbs, you decrease your
risk of heart attack by 75%
and risk of cancer by 50%!**

(Okinawa Diet 2004, Bradley)

By eating the right Superfoods, you won't just lose weight, but you'll be changing your life, your legacy, and changing your world!

So let's jump into the nutrients that have been scientifically proven to help your body burn fat and lose weight.

AFRICAN MANGO

African Mango can help you lose weight in a flash! The powerful benefits of African Mango are now well publicized thanks to Dr. Oz. Recently, he featured it on the Oprah Winfrey show, and extolled the virtues of this superfood as a weight loss aid and natural fat burner.

In a controlled study published in the *Journal of Nutrition 2008*, humans taking this new compound lost 28 pounds over a 10-week period, compared to less than 3 pounds in the placebo group. Different than other weight loss studies that mandate at least some moderation in food intake, these study participants did not alter their diet in any way.

The specific compound in African Mango which supports weight loss is called Irvingia. This compound has shown better weight loss results than any hormone, drug or food in medical history!

Even if you don't need to lose weight, African Mango is highly beneficial as it contains nutrients that naturally help lower LDL cholesterol.

The African Mango is found in Cameroon, Africa where its fruit and seeds have been used for hundreds of years for their medical benefits. Other names for African Mango are "Irvingia Gaconesis" while natives call it "Dikka Nuts".

African Mango (Irvingia) works in 4 Fantastic ways:

1. Works with adiponectin to increase insulin sensitivity.
2. Balances the hormone Leptin which signals your brain to burn fat.
3. Decreases the amount of blood glucose that turns into fat.
4. Blocks the enzyme amylase from digesting starches that would have otherwise become sugar.

In the 2 most popular clinical studies done on Irvingia (African Mango) 150mg was taken twice daily and participants lost 12.8 pounds in 4 weeks and 28 pounds in 10 weeks. I personally drink one serving daily with 150mg of African Mango, 30-45 minutes before meals, or 2x daily to get the fantastic 4 results of African Mango.



Super Weight Loss

COCONUT Ever wonder how superheroes like Wonder Woman always look so good in spandex? It could be from consuming coconut. For years coconut has taken the blame for containing saturated fat. But, recent research is proving that certain types of saturated fat are actually good and can help your body burn fat and lose weight!

Coconut contains healthy fats called medium chain fatty acids (MCT's). A study published in the *International Journal of Obesity* found that MCT's increase lipid (fat) oxidation, which means coconut will burn up excess calories and help you lose weight! Coconut has also been shown to reduce cholesterol, triglycerides, phospholipids and LDL cholesterol levels.

- Powerful fat burner
- Improves digestion
- Builds muscle
- Recovery from food poisoning
- Rids the body of parasites
- Breaks down kidney stones
- Lessens the symptoms of glycemia



If coconut oil is taken at the same times as omega-3 fatty acids it can make them twice as effective, as they are readily available to be digested and used by the body.

Athletes have found that coconut liquid enhances their performance and hydration. NBA superstar Kevin Garnett has partnered with Madonna to invest in a coconut water company, seeing it as "nature's sports drink"! Coconut liquid has the same five electrolytes in the same levels as human blood: sodium, phosphorous, calcium, magnesium and potassium, making it a great superfood contender.

The MCT's found in coconut are also used in popular muscle building products like Muscle Milk. Most companies use processed MCT's, but if you eat real coconut, you're getting high quality MCT's. They aren't just good for burning fat, they're also great for building muscle.

Coconut also improves digestion as it helps the body absorb fat-soluble vitamins, calcium and magnesium. It's a powerful aid to your immune system and can fight off bacteria, viruses and fungal overgrowth such as candida. When buying coconut oil, make sure to get "unrefined". I think Coconut might be the secret for how Christian Bale got those abs for the Batman movies!

GREEN-FED DAIRY (CLA) Want to know where Mighty Mouse got all his Mojo? Well, what do mice love most? Cheese! Cheese and other dairy products like Amasai, milk and butter contain CLA (Conjugated Linoleic Acid), a fatty acid that burns fat. But, it can't be just any cheese or dairy product. In order for dairy to have high amounts of CLA, the cow must be fed grass and not grains.

GRASSFED VS GREENFED

GRASS-fed cows only have to eat grass 30% of the year.

GREEN-fed cows eat grass, herbs, legumes and other greens 100% of the year.

Green-fed is the highest standard and typically contains the largest amount of CLA. According to a study at California State University, grass-fed beef and dairy contain three times more CLA than grain-fed beef and dairy.

It's been shown to promote weight loss, burn fat, fight cancer, and even reduce the risk of heart disease, according to the *American Journal of Clinical Nutrition*, May 2010.

A study out of the *Journal of Animal Sciences* found that grass-fed cows may produce 300-500% more CLA than cows fed corn and grains.

Over 35 clinical studies have been done on CLA displaying it's amazing ability to aid the body in burning fat and building muscle! There are 16 different types of CLA and most commercial supplements found in health food stores today contain only 2! You could spend \$50+ a month on this supplement, however, the best source for CLA is to consume high quality grass-fed or green-fed meat and dairy.



Super Weight Loss

CINNAMON Can you name a superfood that is very high in calcium (yet is not a dairy product), high in fiber, iron and manganese? The only food that ticks all these boxes is cinnamon. Even better, it is inexpensive, has no side effects, and has a host of health benefits. Its essential oils make it valued for its warming qualities as it aids fat burning as well.

A 12-week study out of London found that Cinnamon drops A1c levels in Diabetics by 7% (*Journal of British Diabetic Association*). The participants in the study took 2g of cinnamon daily and it not only helped with blood sugar, but it also significantly reduced blood pressure.



Regulates blood sugar
Lowers A1c levels in Diabetics
Powerful Anti-Oxidant
Protects against free radical damage

Another study found that cinnamon increased glucose metabolism by about 20 times, which would make a huge difference in your body being able to regulate blood sugar.

Cinnamon works in three different ways. First, it slows the emptying of your stomach to reduce sharp rises in blood sugar. Second, it increases insulin sensitivity. Third, cinnamon enhances your anti-oxidant defenses.

A recent study found that there are 2 antioxidants found in cinnamon called polyphenols and bioflavanoids, which may be responsible for all the health benefits. Antioxidants can work in many different ways like protecting your cells against free-radical damage that can cause aging. But these antioxidants seem to regulate blood sugar which can help your body burn fat and lose weight! From all the research we've seen, Cinnamon has been shown to help diabetics, lower blood pressure, and boost your metabolism! Who knew this sweet tasting herb could have such a sweet effect on your body!

KALE It's a bird, it's a plane, no it's... Kale?! According to Joel Fuhrman, author of Eat to Live, Kale is King in the vegetable Kingdom. Though Kale only has 35 calories per serving it is packed with Calcium, Magnesium, Vitamin B6, Lutein, and Beta-carotene. Plus, it delivers 206% of the daily requirements of Vitamin A, 134% of Vitamin C, and 684% of Vitamin K which helps build strong bones, improve vision, and aid in digestion!

**“We’re overfed,
but undernourished.”**

Many people today spend time counting their calories when they should be counting their nutrients instead. Americans need more nutrient dense foods, and green leafy vegetables like Kale are the most nutrient dense foods on the planet!

Results of a study in the *British Medical Journal* reviewed six studies covering more than 220,000 people, concluding that one and one half servings of green leafy vegetables per day lowered the risk of Type II diabetes by 14% and boosted metabolism.

Kale can be eaten raw or cooked and I recommend it sauteed in coconut oil with garlic, onions and sea salt, in a salad, or put into a Green Super Smoothie. With Numbers like these it's no wonder why Kale is King in the vegetable kingdom. Start eating Kale today to soar to new heights in health!



Meal Plan Super Weight Loss

WEIGHT LOSS MEAL PLAN

Morning

Berry Smoothie
Vegetable Omelet
Coconut Berry Shake
Grainless Granola with 4oz Amasai

Mid-morning

African Mango 150mg

Lunch

Superfood Salad
Green-fed Beef Stir-Fry
Salad with Chicken, Salmon, or Eggs
Green-fed Hot Dogs with Sauteed Peppers and Onions
Vegetable Soup

Afternoon

1 oz Raw Cheese
1/4 cup Almonds or Pumpkin Seeds
1/4 cup Hummus or Guacamole with Vegetables
Amasai or Coconut Milk with Chia Seeds

Pre-Dinner

African Mango 150mg

Dinner

Wild Salmon with Broccoli, Cauliflower, and Carrot medley
Green-fed Burger w/ Raw Cheddar and Sauteed Greens
Organic Free Range Chicken Tenders with Mixed Vegetables
Green-fed Chili with Mashed Cauliflower Faux-tatoes
Chicken Salad Lettuce Wraps

SUPER SIMPLE EXERCISE

If you want to burn fat and lose weight fast, you need to do a combination of weight training and interval-cardio, also known as burst training. Burst training is simply exercising like a sprinter rather than a marathon runner.

Burst Training:

Do 20-60 sec. bursts* at 80-100% of your max effort
Rest for 30 seconds
Repeat for 15 min.

*Note: There's a thousand different exercises you can do with this, but the intensity and intervals are what you should focus on.

I do this while running, on a spin bike, or in a pool.



Super Detox

Water
Cultured Dairy

Flaxseeds
Algae

Cultured Whey

According to the International Agency for Research on Cancer, 80% of all cancers are attributed to environmental factors rather than genetic factors and carcinogenic chemicals and toxins can cause serious illness and disease. With all the toxins in our environment, we must consume foods that protect us and help us detox naturally. The next 5 superfoods and beverages are going to cleanse you naturally.

Many of our drinking bottles themselves contains BPA's (Bisphenol A). BPA's have been linked to mimic estrogen and interfere with hormone levels, which can increase the risk of breast, prostate and ovarian cancer. I recommend substituting a bottle with something like a Klean Kanteen or glass.

I know a lot of people wanting to detox also want to lose weight. Water can help with weight loss. If you have toxins in your water, those toxins get stored in your fat cells. They won't leave your body until you reduce your toxic exposure.

Have you ever exercised and not felt like your body was losing weight as fast as it should? That can be due to toxicity, and a major source of toxins today, is our water



H2O (WATER) What's more precious than gold, silver, and diamonds? Water! But, do you know what's in your water? Most people don't want to know, but I'll tell you anyway! The Environmental Working Group (EWG) found 316 different chemicals in tap water throughout the country. Patricia Hunt, professor at Washington State University explains: "Birth control pills, hormone therapy medications, and a host of contaminants can all get into our water supply, and we haven't figured out a way to affordably filter them out."

Unfortunately, bottled water isn't much better. The National Resources Defense Council estimates that at least 25% of bottled water is really just tap water. The EWG found the top 10 brands of bottled water contain 38 toxic pollutants. The common chemicals found are arsenic, fertilizers, heavy metals, industrial solvents and pharmaceutical drugs.

It's vital that you find clean water. Dr. Sauer, in his study, "Relationship of Water to the Risk of Dying," made a surprising discovery. He found that as total dissolved solids (TDS) increase in a water supply, so does the number of chronic diseases in the population using that supply. Therefore, to be a super beverage, water must be low in TDS, and here's why.

***Drink low-TDS bottled spring water,
taken straight from the ground to the bottle.***

Purified water has had all the solids and impurities taken out, while spring water has a wide range of purity levels, depending upon the rocks it passes over. When tested for TDS, the results show the amount of inorganic minerals that the spring water contains. TDS figures can range from 18 (great!) to 247 (not so good). Dissolved solids can be chlorides, sodium, arsenic, cadmium, nitrates and metals.

Beyond Organic founder, Jordan Rubin, said it's important for water to be low TDS because its purpose is to carry nutrients to the cells. He traveled the country and looked at 21 different springs and found the purest water to be in the Blue Ridge Mountains. When Jordan tested water from his springs in Blue Ridge, it had a TDS of 4, one of the best that has ever been tested!

Super Detox

CULTURED DAIRY (AMASAI AND KEFIR) Of all the superfoods we've talked about, I believe this one's the most powerful. Cultured dairy, like amasai and kefir, are the Superman of superfoods. These foods provide a host of essential nutrients that aid digestion and detox the body of toxins and "bad bacteria".

In 2004, Richard Mokuu, a Wisconsin Master's student in Food and Nutrition Sciences, studied the benefits of a Kenyan cultured dairy food called "amasai." He noticed that children who grew up in Kenya had a healthier digestive system and were less prone to diarrhea than other children.

Mokuu knew that amasai had high levels of lactic acid and probiotics and he believed these nutrients were protecting the children against bad bacteria. He then compared the bad-bacteria fighting abilities of raw milk, yogurt, and amasai. He used a dangerous bacteria, E. Coli, and injected it into the raw milk, yogurt, and amasai (all of which came from the same source in Wisconsin).

When E. Coli was injected into raw milk, the raw milk didn't kill it, and in fact, bad bacteria flourished. Yogurt had a decent response and killed off the bad bacteria in 4 days. Amasai had an incredible response, killing off the E. Coli in just 2 days!

**the majority of Americans today are
probiotic deficient**

The major difference between yogurt and amasai was the amount of lactic acid bacteria. This type of good bacteria, also known as probiotics and lactobacillus, have amazing effects on digestive health.

If you've ever taken a prescription anti-biotic and haven't spent time building back up the good bacteria in your body, there's a good chance you're deficient. Also, fluoride and chlorine can kill off probiotics, so if you drink tap water



Richard Mokuu

or swim in a chlorinated pool you're also probably probiotic deficient.

Amasai is also the perfect post workout food. One 16oz serving of amasai contains 14 grams of highly absorbable whey protein, CLA, vitamin D3, calcium, vitamin K2, B-vitamins, and omega-3 fatty acids!

When buying amasai or kefir there are some things you want to take note of. The highest quality of cultured dairy is organic, from green-fed cows, low-temperature processed or raw, and free of a harmful protein called beta-casein A1.

Cultured dairy is really an amazing superfood that has been around since biblical times. In Genesis 18:8, Abraham served cultured dairy and pasture-fed beef to two angels! If you want to have a long and blessed life, you may want to follow the lead of father Abraham and serve some cultured dairy at your next dinner party.

The probiotics found in cultured dairy don't just detox.

Cultured dairy can also help:

Improve digestion
Reduce inflammation
Promote weight loss

Boost immunity
(British Medical Journal 2001)



Super Detox

CHIA AND FLAXSEEDS Most health food doctors agree that Chia is one of nature's true superfoods. It delivers maximum nutrients with minimum calories and promotes digestion and detox of the body. Originally grown in Mexico, the seeds were highly valued for their medicinal properties and nutritional value. In fact, they were even used as currency! Aztec warriors ate chia seeds to give them high energy and endurance.

Chia is super high in fiber, providing nearly 11 grams per ounce. One serving can provide the recommended fiber intake for the day, according to the American Dietetic Association. Fiber is essential for your body's ability to detoxify. According to the National Institute of Health, seeds like Flax and Chia can be a natural laxative due to its high fiber content and healthy fats.

Chia seeds are high in linoleic acid, a fatty acid which helps the body absorb fat-soluble vitamins A, D, E and K. It contains calcium and boron, which enables the body to absorb it, and has more Omega-3 fatty acids than salmon. It can absorb up to twelve times its own weight in water!

Flaxseed is a similar superfood, rich in omega-3 and antioxidants. A study done at Duke University suggests that flaxseeds may stunt tumor growth and support the body in detoxification. It's high in fiber and low in carbs, making it great for dieters who want to feel full for longer. High in B vitamins, magnesium and manganese, these tiny seeds counter inflammation, a key contributor to arthritis and other debilitating diseases. Sprinkle it on cultured dairy with berries and enjoy!

- » **High in fiber**
- » **Natural laxative**
- » **Vitamins A, D, K**
- » **Calcium and Boron**
- » **Omega-3's**
- » **Antioxidants**



ALGAE Where did Aquaman get all his super swimming powers? It's the same place salmon does, and that's Algae! Algae comes in the form of green, blue-green or brown seaweed and is a complex superfood.

Clinical studies published in *Chemosphere Journal* suggests blue-green algae like Chlorella aids in detoxification of polychlorinated dibenzodioxins in humans and may help heal radiation exposure.

Algae of all types stimulates the immune system, increases white blood cells and promotes healthy flora in the colon. It is a beneficial treatment for infection, anemia, obesity, inflammation and toxicity and should be included in any healthy diet in one of its forms.

Algae is excellent for supporting a healthy digestive system and its high fiber content makes it an effective detox. Green algae reduces cholesterol, prevents allergic reactions and is thought to counter the development of abnormal growths. It is also high in beta-carotene, vitamin D and gamma linoleic acid (GLA) as well as providing nine essential amino acids.

Blue-green algae is a source of vitamin B12 along with 22 amino acids, making it excellent for aiding digestion. Spirulina is another type of blue-green algae that is 65-71% protein. Nicknamed the "food of the future", it has 8 essential amino acids and is a good source of omega-3 fats.

Research Published in PubMed also found blue-green algae has anti-tumor properties and enhances vascular function, wound healing, and immune function.

Brown algae is known for its weight loss benefits, having a super nutrient called Fucoxanthin. Studies done at Hokkaido University indicate fucoxanthin promotes fat burning by increasing expression of thermogenin. In the study, participants took a combination of fucoxanthin with pomegranate seed oil and lost 11 pounds over 16 weeks. As well as purifying the blood, brown algae acts as a natural detoxifier.

I get my algae in powder form. I take 1 scoop daily in water and alternate taking it with juicing vegetables. Look for brands that are RAW or processed at low temperatures for maximum benefits.

Meal Plan Super Detox

CULTURED WHEY How did the famous Greek Achilles get all his stamina and strength? Legends say he was dipped in the river Styx, but I think part of his super powers came from cultured whey. Cultured whey was known by the Greeks long ago as “healing water”. It’s a byproduct after milk has been coagulated with rennet to form cheese curds. It’s been noted that Hippocrates, the father of medicine, recommended whey as a treatment over 2400 years ago. So you could say it’s been well tried and tested. What’s interesting is that all the historic healing uses are being confirmed by modern medical research, making it a superfood long before the term was even invented!

In 1749, a patient given little time to live traveled to the Swiss mountain village of Gais. He began to drink whey on a daily basis and was healed of his disease. Word spread of the “miraculous” healing properties of cultured whey and health spas popped up all over the region, attracting emperors, royalty and aristocrats to be healed. Fortunately, cultured whey is now readily available across the world and is accessible to anyone looking for an all-round superfood.

Cultured whey has four main healing properties:

1. Stimulates intestinal peristalsis (a gentle remedy for constipation)
2. Generates intestinal flora (improving digestion)
3. Eliminates excess water retention (Reducing blood pressure and swelling)
4. Stimulates toxin elimination by the kidneys

I’ve heard hundreds of success stories, from people all over the country, who started consuming cultured whey. They’ve noticed improvements with these health conditions:

Gout	Fatigue	Muscle Cramps
Constipation	Acid Reflux	High Blood Pressure
Kidney Stones	Eczema	Weight Loss

Cultured whey can also work as a natural sports drink. It contains high levels of electrolytes like potassium, probiotics, calcium, B-vitamins, whey protein, and naturally occurring carbohydrates for energy and recovery. There are many professional and olympic level athletes who are bringing their hydration, endurance, and performance to the next level by consuming cultured whey.

I personally try to drink 16oz of cultured whey daily.

SUPER DETOX MEAL PLAN

Morning

Chia Shake: 8oz plain Amasai/Kefir w/ 2 Tbsp of Chia Seeds

Mid-Morning (CHOOSE 1)

16oz Cultured Whey

16oz Spring Water with 1 Tbsp Coconut Vinegar or Apple Cider Vinegar

Lunch (CHOOSE 1)

Vegetable Juice 16oz

Superfood Salad

Afternoon

Chia Shake: 8oz plain Amasai/Kefir w/ 2 Tbsp of Chia Seeds

Pre-Dinner (CHOOSE 1)

16oz Cultured Whey

16oz Spring Water with 1 Tbsp Coconut Vinegar or Apple Cider Vinegar

Dinner (CHOOSE 1)

Vegetable Juice 16oz

Superfood Salad

**** Drink 2/3 your body weight
in ounces of water daily.***

Vegetable Juice and Fermented Whey consumption count towards your total intake. For example: if someone weighs 170 pounds, they will aim to consume 112 ounces of water a day, so seven 16oz drinks.

Spread the health!

Share this ebook on facebook.



Anti-Aging

Berries
Avacado

Garlic
Wild Salmon

Cocoa

Have you ever looked at someone and thought they were 60 years old, only to find out they were 40...or thought someone was 40 and found out they were 70? This reminds me of one of my health super heroes, Jack LaLanne.

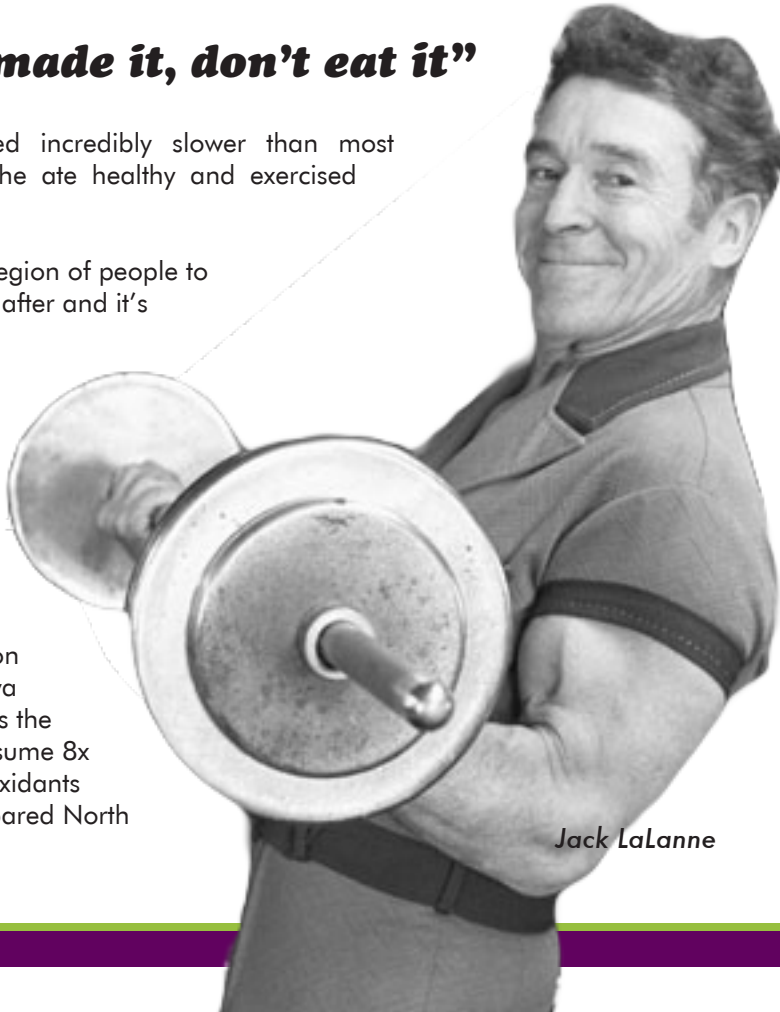
Jack was a chiropractor, nutrition expert, and fitness trainer. At age 66, he tied 10 boats around his waist carrying 77 people and swam the boat 1 mile in less than 1 hour, and performed a similar feat at age 95! How'd Jack do it? I think his number one rule for nutrition sums it up:

"If man made it, don't eat it"

Jack aged incredibly slower than most people because he ate healthy and exercised daily.

There's a whole region of people to model our health after and it's Okinawa, Japan.

According to the *Pittsburgh Tribune*, Japan had a record breaking 28,000 centenarians in 2005 where America had only 8,000. One reason people in Okinawa may live so long is the fact that they consume 8x the levels of Antioxidants (flavonoids) compared North Americans.



Jack LaLanne

BERRIES What does movie star Halle Berry eat to have such amazing skin in all her superhero movies? Well, I think her name says it all... Berry! Berries contain powerful compounds called antioxidants. Antioxidants protect your cells against free radical damage caused by oxidation.

If you bite into an apple and leave it out, pretty soon you'll notice the apple turning brown- that's oxidation. The same happens when a nail gets rust. By the way, which part of an apple has the most antioxidants? The skin! Antioxidants give the skin its bright colors and berries are the brightest of them all.

ORGANICALLY GROWN blueberries have significantly higher concentrations of phenol antioxidants and anthocyanin antioxidants than commercially grown fruits and are best eaten raw.

Blueberries contain 4 powerful antioxidants: anthocyanins, flavonols, tannins, and resveratrol- the same potent anti-oxidant found in red wine.

- Fight cancer cell growth (Journal of Molecular Nutrition Food Research 2007)
- Reduce inflammation
- Improve memory
- Packed with vitamin C and Collagen
- Supports healthy skin and gums
- Fights risk of Alzheimers



Raspberries are similarly high in antioxidants. The unique acid in raspberries protects human cells, which leads to amazing looking skin. High in vitamin C, rich in B-vitamin, and help metabolize carbs, protein and fat.

Indian gooseberries, also called amla, are another good source of dietary fiber, vitamin C, and minerals with great antioxidant properties which help slow the aging process. They're particularly good for the skin, hair and eyes and help balance stomach acids.

The amla berries increase red blood cell production, flush out toxins, strengthen heart muscles and are beneficial to diabetics as they reduce blood sugar. Indian gooseberries, also contain an extraordinary enzyme that reduces inflammation and protects against oxidative stress (*Journal of Leukocyte Biology* 2004).

Eat 1/2 cup to 1 cup of berries one or two times daily with a breakfast smoothie and for an afternoon snack with cultured dairy.

Anti-Aging

AVOCADO I recently started a club called the A-Team. To join, all you have to do is eat an Avocado a day. The Avocado-Team is strictly for those who want to aspire to earn the title of Centurion!

Cardiovascular disease is the #1 cause of death in America today, yet eating superfoods, such as avocados, is a painless way to reduce the risk of heart disease and slow aging dramatically. Not only do avocados have 20 essential nutrients, but they're known as "nutrient boosters" as they help the body absorb other fat-soluble nutrients as well. By adding a slice of avocado to a meal, your body is able to digest more nutrients from other foods.

Key nutrients in Avocados help hydrate your cells, keeping your skin soft and young. Avocados are rich in B vitamins, vitamin K, vitamin E (which gives your skin moisture), and has 35% more potassium than a banana, which helps hydrate your skin. Also, with high levels of omega-9 fats, Avocados can help naturally balance hormones!

Eating healthy fat can actually help you burn fat and lose weight.

Many people avoid avocados, seeing them as a high-calorie, high-fat food. That's a big mistake, because healthy fat is essential for anti-aging. According to the *Archives of Medical Research*, the fatty acids from avocado actually increase good HDL cholesterol levels and help protect cells from damaging free radicals.



Avocados also contain carotenoids which provide vitamin A for eye health, boost the immune system and support a healthy reproductive system. The unique make-up of these superfoods helps the body fight inflammation and reduces the risk of arthritis, there's no better way to slow the aging process. As we on the A-Team say, an Avocado a day will keep age away!

GARLIC Garlic for centuries has been used to fight off the top two killers in America today: cancer and heart disease. Like a captain of an army, garlic has the power to kill dangerous viruses, bacteria, parasites, and cancer cells according to the University of Maryland Medical Center.

For men, garlic has been shown to help prevent an enlarged prostate and for both men and women, it's great for killing off yeast infections such as candida. Garlic is anti-bacterial, anti-microbial, anti-inflammatory, anti-coagulant, antiseptic and anti-fungal, and those are all good things to be!

Use three cloves of garlic when preparing a family-sized dish, which is a sneaky way to get everyone their vitamin C, B6 and manganese! If you don't want to mess about peeling and crushing these pungent cloves, add it to your cooking as a rub, powder or extract. Raw garlic is even more beneficial, so be adventurous. Add garlic to hummus, salsa, guacamole, or yogurt to bring on additional health benefits.

Garlic acts as a fuel for probiotics as well as supporting a strong immune system to ward off colds, flu and other more serious infections. To kill off a cold fast, I recommend doing 2 cloves of raw garlic 3x a day bitten once and swallowed whole or mixed in food. If you don't want to share garlicky breath, chew parsley, chewing gum, peppermint or a piece of dark chocolate to negate the powerful scent.

Garlic is a valuable source of antioxidants which protect cells, particularly skin cells, from free radical damage, making it important in slowing down the aging process. Antioxidants protect against pollutants and fight off toxins that can harm our immune system.



Anti-Aging

WILD SALMON Followers of Dr. Perricone, M.D. will appreciate his high regard for fish, particularly oily fish, as a superfood. He says, “Only one food has the reputation of being a “brain food”. That food is fish... you should plan to eat a seafood meal four days a week — and salmon at least two times a week.” Salmon is an excellent source of astaxanthin and omega-3 essential oils which slow the effects of aging, both inside and outside the skin!

When buying salmon, stick with wild salmon and steer clear from farm raised salmon. Farm raised salmon is toxic from chemicals and pesticides and is void of most of the nutrients that wild caught salmon has. Farm raised salmon is actually gray in color which is injected with red food dye! Wild salmon is far and away a better source.

Wild Salmon provides EPA and DHA fatty acids that are vital for growth and for maintaining a healthy heart and brain. What other superfood is packed with high quality protein, essential amino acids, omega-3, vitamins A, D, B6 and E, calcium, iron, and other essential minerals? The highest quality salmon you can buy is wild sockeye salmon and one 4oz serving of salmon contains 1400mg of Omega-3 fatty acids!

Wild salmon gets its red-orange color from astaxanthin, a powerful fat-soluble anti-oxidant in the carotenoid family. Research published in The Journal of Nutrition and Metabolism suggests astaxanthin can reduce oxidative stress, inflammation, and enhance the immune system.



In return for enjoying this tasty superfood, wild salmon can relieve arthritis, protect your heart from disease, reduce the risk of a debilitating stroke, improve blood lipids, promote healthy blood vessels, and reduce mental disorders including Alzheimer's (The American Journal of Cardiology). Salmon is also great for the skin, naturally lubricating it from within. Coupled with a healthy heart, wild salmon is the perfect antidote to aging.

COCOA Most people are amazed (and delighted!) to find that cocoa, the main ingredient of dark chocolate, is a superfood. High in antioxidants (those things that counter harmful free radicals in the body), chocolate with a high cocoa content enhances the mood, protects the skin from UV sun damage, boosts cardio-vascular health and is beneficial for the nervous system. While it is incredibly beneficial, moderation is the key. Just 1-2 ounces of cocoa per day can help lower blood pressure, reduce blood clots, improve the skin, sharpen the mind and slow down the signs of aging.

Choose a dark chocolate with at least 60% cocoa content

Milk chocolate and white chocolate do not have the same benefits and you must eat non-alkalized products, as the alkalization process destroys the polyphenolic compounds. Choose dark chocolate with a cocoa content of at least 60%, which will have a maximum amount of flavonoids, less sugar and an acceptable amount of calories and fat.

Researchers found that dark chocolate had more antioxidant activity than other highly regarded health juices such as acai, blueberry and cranberry juice, according to study published in the Chemistry Central Journal. Cocoa showed higher antioxidant activity and higher flavonoid content than the so-called superfruits, with over 500mg per serving, compared to 200mg.

New York Cardiologist Suzanne Steinbaum, M.D. recommends “When looking for a sweet snack, a square of dark chocolate might, in fact, be your healthiest choice”. As well as delivering a dose of antioxidants, cocoa helps keep arteries healthy and protects from cardiovascular disease.



Meal Plan *Anti-Aging*

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MORNING

Amasai Berry Smoothie
Omelet with Avocado and Spinach
Kale Shake
GF Wrap with Eggs, onions, and raw cheese
Grainless Granola topped with 4oz Amasai

MID-MORNING

1 cup of Green Tea or White Tea or Amla Berry

LUNCH

Salad with Salmon or Chicken and Avocado
Superfood Salad
Salmon or Green-fed Beef Stir-Fry
GF Wrap with Turkey, Greens, and Goat Cheese
Vegetable Soup

AFTERNOON

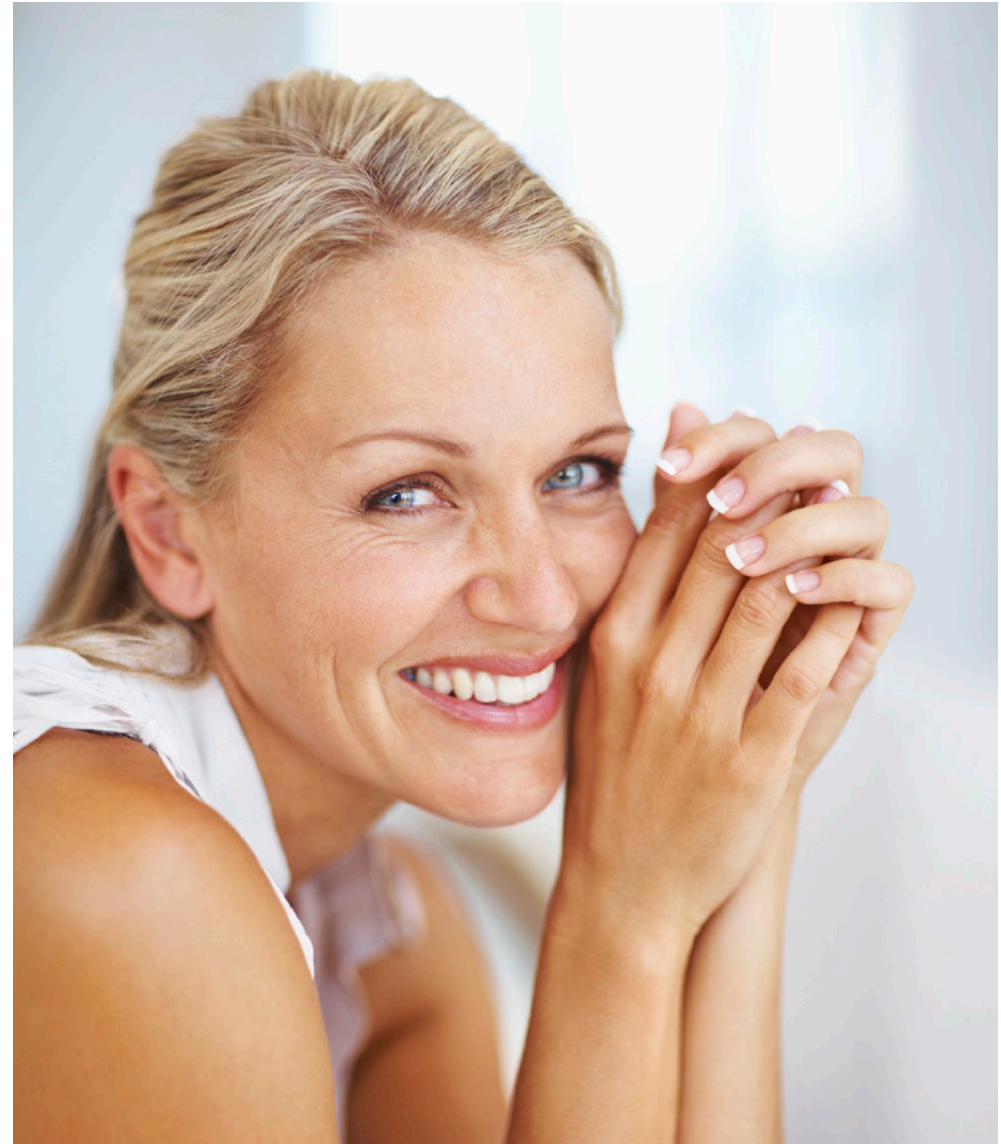
Grainless Granola
1/4 cup Hummus or Guacamole with Vegetables
Raw Cheese on Flaxseed crackers
Apple with Raw Almond Butter
Coconut Berry Smoothie

DINNER

Salmon Patties with Sauteed Greens
Green-fed Burger with Raw Cheddar and mashed faux-tatoes
Chicken with Mixed Vegetables
Venison with Black beans and Vegetables
Green-fed Chili

DESSERT

1oz of Dark Chocolate
Coconut Milk or Amasai Ice Cream
Raspberries and Strawberries covered in Melted Dark Chocolate
Apple with Raw Honey and Almond Butter



Note: All meat and dairy products must be organic. Also, this is a guide, not an absolute list, so have some fun in the kitchen and make your own creations. Always make sure everything you're using is real food.

Build Muscle

If you want to become a man of steel or babe of bronze, you've got to eat a lot of superfoods and lift weights. Sure, some people may be able to easily put on muscle by eating lots of unhealthy calories and denatured proteins, but if you want to be strong as steel inside and out, you've got to eat real food.



These foods are both great for men who want to pack on muscle and women who want to get toned. So whether you're going for the physique of wonder woman or the body of superman, these foods are for you.

A note to women: You may think you don't want to put on muscle, but you do! Muscle burns fat and boosts your metabolism. Because women lack the same testosterone as men, eating these foods will only cause you to add muscle definition and lose weight, you won't get bulky. In fact, movie stars like Halle Berry and Jennifer Garner eat these foods and lift weights to help sculpt their bodies.

GREEN-FED BEEF AND DAIRY It's time to go green and I'm not just talking about eating more green leaves! I'm talking about green-fed beef! If you want to build muscle, green-fed beef raised on pastures free of pesticides and fertilizers, are an essential superfood for body-building needs.

Cattle raised naturally on green grass, rather than grain-fed cattle, produce beef without the problems associated with antibiotics, pesticides and hormone residues. Cows are natural herbivores, designed to live on grass, not to be force-fed grains and animal products, as encouraged by the Department of Agriculture.

A four ounce tenderloin of beef from naturally raised green-fed cattle will have 112% of the daily requirements of tryptophan, 64% of your daily protein needs and should be considered 240 calories well spent! Green-fed beef has more zinc and B-12 than grain fed cattle, has less total fat (where toxins are stored), and more omega-3 fatty acids. It also has higher levels of vitamins A and E, more antioxidants, and higher levels of conjugated linoleic acid (CLA) which supports healthy muscle tissue.

- » **High in protein**
- » **Loaded with Vitamin B12**
- » **Zinc, selenium, iron and phosphorous**

I also highly suggest you drink green-fed dairy like amasai, kefir, or raw milk. Green-fed dairy contains high amounts of whey which is a protein your body can quickly utilize and turn into muscle. Research published in the *International Journal of Sport Nutrition and Exercise Metabolism* found that men who supplemented with whey protein increased lean muscle mass and strength during resistance training.

I warn you, however, NOT to consume most whey protein powders. I'd guess that 90% of protein powders on the market come from denatured proteins (called hydrolyzed protein on the label) which can damage your digestive system. I recommend you stick with whey in its food form.

When you're buying beef and dairy, think green every time! Look for labels that say 100% grass-fed, or even better, green-fed to get the most muscle building and fat burning effects.

Build Muscle

ALMONDS As well as being tasty and nutritious, a handful of almonds can give huge muscle building benefits. They are thought to decrease the risk of diabetes, heart disease, Alzheimer's and cancer, and who doesn't want to reduce those? These little nuts can lower bad LDL cholesterol and raise good HDL cholesterol levels. Almonds are high in fiber and minerals and are a great snack for those looking to increase muscle and burn fat.

Almonds contain 12 amino acids that aid in muscle building and contain high levels of the amino acid Arginine. Arginine is the immediate precursor of Nitric Oxide and is necessary for Creatine production. Both Nitric Oxide and Creatine have been used in the bodybuilding world for years to gain strength and muscle. As a precursor to Nitric Oxide, Arginine may increase blood flow that can aid in endurance and muscle building.

Research published in the Journal of Clinical Endocrinology and Metabolism found that Arginine stimulates the secretion of growth hormone. Growth hormone is known to be anabolic which means "to build up". Growth hormone helps mineralize bone, build muscle, stimulate immune system, and increase protein synthesis. Growth hormone is not healthy when taken as a drug, shot, or if received in non-food sources. However natural foods that can increase GH can be beneficial.

Almonds are nutritionally dense and are an abundant source of monounsaturated fats that the body needs. They are high in calories and good for body building. Purdue University researchers found that calories from almonds do not appear to contribute to weight gain as they are not absorbed like other fatty foods. Research published by Experimental

Biology also found that eating almonds with a meal high in carbs actually blocked the digestion of the carbs and helped control blood sugar levels.

I recommend consuming 1/2 - 1 cup of almonds daily or 2-6 Tbsp of almond butter daily for muscle building benefits.



PASTURED EGGS If beef is what's for dinner then eggs are what's for breakfast. If you want to become an "Iron Man" in the weight room or as fit as Jennifer Garner in the movie Electra there is no better food than eggs. Eggs are one of the top two bioavailable sources of protein which means they can be easily digested and turned into muscle.

Pastured or free-range eggs are produced by chickens that are grass-fed or raised in pastures rather than being confined to cages and fed on grains. Why pay the extra for pastured eggs? The reason is that eggs from pastured hens have up to 20 times more omega-3 fats than eggs from factory hens. That makes them superb value!

Eggs are a great source of protein and omega-3 fats and they are essential for building and maintaining muscle. Grass fed hens are raised in pastures and their diet is complemented by worms and small bugs that give the eggs extra nutritional value than those fed primarily on grains. As well as being restricted on space, factory hens are fed on antibiotics, which in turn pass through to the eggs they produce.

Eggs are one of the few food sources of vitamin D

Tests by Mother Earth News comparing pastured eggs with factory-produced eggs showed that pastured eggs had 25% less saturated fat, 34% less cholesterol and 60% more vitamin A. They also contained three times more vitamin E and a massive 7 times more beta-carotene. Our bodies produce it naturally in sunlight, but of course, factory chickens are under artificial light and have 4 to 6 times less vitamin D than their free-range cousins. Eggs cannot really be considered a superfood unless they are from pasture-raised hens.

Eggs are great eaten raw or cooked. I'll eat them raw in a breakfast smoothie or cooked with some coconut oil. I mix up my sources of protein so I don't eat eggs everyday, but I do eat them often. You can eat anywhere from one to twelve eggs daily for great body building and fat burning benefits.



Build Muscle

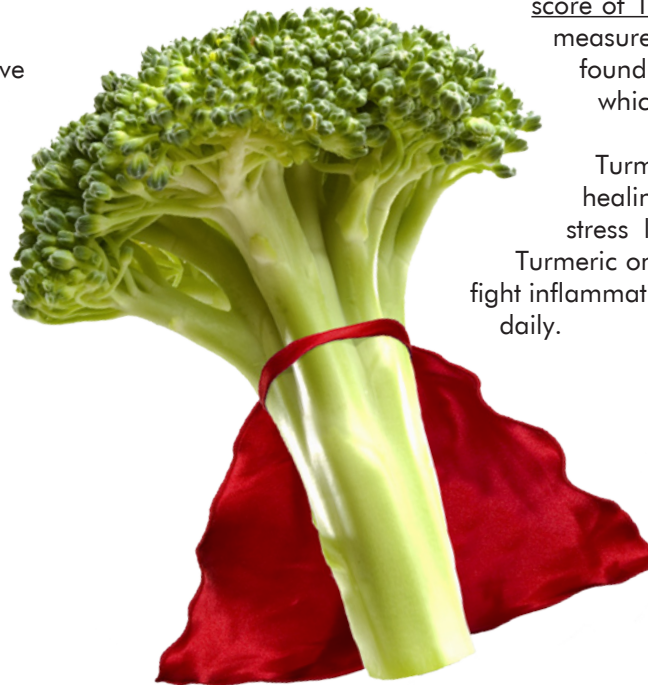
BROCCOLI Like the Incredible Hulk, Broccoli can help you become a lean, green, muscle building machine!

Muscle building is not only about getting enough protein and calories in your diet, but it's also important to load up on vitamins and nutrients. If you want to build muscle and lower your cholesterol at the same time, broccoli is the superfood for you! It also tackles the three problems of chronic inflammation, oxidative stress and detoxification, which research shows all raise the risk of cancer.

Broccoli is one member of the cruciferous group of vegetables that includes cabbage, bok choy, kale, collard greens, Brussels sprouts, cauliflower, and other green leafy vegetables. They all contain phytochemicals, antioxidants, minerals, vitamins and fiber and we should be consuming them daily. Broccoli contains the most vitamin C (165% of your daily value) and more fiber than most other cruciferous veggies. It also puts a good serving of vitamin A, B2, B6, K, folic acid, magnesium, potassium and omega-3 on your plate with few calories.

The nutrients in Broccoli can also help your body recover more quickly after an intense workout.

Broccoli has been found to counter oxidative stress, a condition when the body is overloaded with free-radicals that are known to cause damage to cells and DNA. The National Cancer Institute ran a study on 20 participants who had to eat 1-2 cups of cruciferous vegetables a day. After three weeks, their bodies were found to have 22% less oxidative stress, proving that broccoli and other leafy greens vegetables are a wise and healthy choice. Eat it raw, add it to salads and soups or gently steam it, and think about how much good it is doing your body.



TURMERIC This superherb, though used in small amounts, can pack a punch when it comes to muscle recovery. Turmeric is a true superfood as it has been shown to have remarkable anti-inflammatory and healing properties. Inflammation sounds trivial, but it is a common cause of arthritis and other degenerative diseases. Turmeric comes out on top for reducing inflammation, oxidative stress, and aiding in muscle and joint recovery.

Turmeric contains curcumin, which has been found to help diabetes, cancer prevention, reduce Alzheimer's risk, slow aging, boost immune system, fight infection, and reduce inflammation according to PubMed. This bright orange/yellow spice continues to surprise scientists proven by over 600 studies reporting on its exceptional health properties.

Turmeric can help

- » **Build muscle**
- » **Accelerate healing**
- » **Improve blood flow**
- » **Decrease stress**
- » **Improve focus**
- » **Boost immunity**
- » **Reduce inflammation**

Amazingly, turmeric is the 4th highest antioxidant-rich herb with an ORAC score of 159,277. The Oxygen Radical Absorbance Capacity (ORAC) score measures the antioxidant and chemical levels of food. Those ingredients found to have high scores are best able to eliminate the free radical which the body naturally produces daily just by breathing and living.

Turmeric is a key superfood for muscle building and accelerates the healing process. It has also been found to improve blood flow, lower stress levels, and make the brain sharper, improving focus. Sprinkle Turmeric on salads, burgers, hummus, or anything else you may choose. To fight inflammation and improve muscle and joint recovery take a dose of turmeric daily.

Spread the health!

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Meal Plan *Build Muscle*

MORNING

4 Eggs, 1oz Raw Cheddar with 1 cup of Quinoa
32 oz Berry Banana Smoothie with Coconut Milk and Protein Powder
GF Pancakes made with 3 eggs, GF Flour, Pumpkin, Blueberries and topped with Pure Maple Syrup and Almond Butter
Cream of Brown Rice, 4oz Amasai, 1/4 cup Almond Butter and Protein Powder
2 GF Breakfast burritos

MID-MORNING

Super Muscle Shake

LUNCH

8oz Green-Fed stir fry (1 tsp Turmeric), 1 cup Quinoa
2 Chicken Breasts, Sweet Potato, and Salad
8oz Venison with 1 cup Kidney Beans and 1 cup Brown Rice
4 Green-fed Hot Dogs with 1oz Raw Cheese, Brown rice, and vegetables
6oz Organic sliced turkey on ezeziel bread with superfood salad

AFTERNOON

2oz Raw Cheese on Flax Crackers
1/3 cup Almond Butter with Apple
Super Muscle Shake
Green-fed beef jerky

POST-WORKOUT

Super Muscle Shake

DINNER

Green-fed Burger (1tsp Turmeric in mix), Raw cheddar, Quinoa and Broccoli
GF Chicken Tenders with 1 cup Beans and Mixed Vegetables
Green-fed Hot dogs with 1 Sweet Potato and Spinach
Salmon Patties with Big Salad with 1 tsp Turmeric
Turkey Burger on Ezekiel Bread with mashed faux-tatoes

Note: Along with following the eating plan, Weight Train 3-6x a week and do minimal cardio.

WEIGHT TRAINING

1. Sessions should last 30-60 minutes.
2. 15-30 different exercises and 8-10 reps for upper body, legs should be 10-15 reps.
3. Also, I superset most days doing two exercises in a row like pull-ups and push-ups to save time.
4. Cardio, do 10-20 minutes of burst training at the end of weight training workouts or on off days.



Your Enemies

In all super hero movies there are super villains. There's always a bad guy who comes along and threatens the entire human race. Superman had Lex Luther and Batman had The Joker. Here are the food villains you'll want to stay away from while living the SuperFood life.

HYDROGENATED OILS It can mean doomsday if you're eating hydrogenated oils on a regular basis. According to the *Harvard School of Public Health*, "the risk of cardiovascular disease rises 23% for every 2% increase in calories from trans fats consumed every day".

Trans fats are partially hydrogenated oils that have been linked to heart problems such as heart disease and obesity. Hydrogenated oils are known to raise LDL cholesterol levels that allows cholesterol to build up as plaque, narrowing arteries and eventually causing heart disease and strokes. But that's not all. These hydrogenated oils also lower good cholesterol, which supports your brain and ability to heal.

The main villains of hydrogenated oils that you want to stay away from are corn oil, soybean oil, cottonseed oil and canola oil.

CONVENTIONAL MEAT AND PASTEURIZED DAIRY Conventional meat and dairy products can be more toxic than Venom. The saying, "you are what you eat" is never more true than with meat and dairy products. Your body will absorb all the toxins and contaminants of what you eat along with the nutrients, so it's vital that you know exactly what you're putting on your plate.

A recent study published in the *Journal of Agricultural and Food Chemistry* confirmed that one glass of conventional pasteurized milk bought from the grocery store contains 20 chemicals including antibiotics, steroids, anti-inflammatory drugs, statin drugs, and pain killers - all of which are routinely used to treat diseased animals.

The average American eats 60 pounds of beef per year, yet the majority of cattle are raised commercially in unnatural conditions. Calves balloon from 80 to 1200 pounds in 14 months by feeding them on grains, protein supplements, drugs, antibiotics and hormones. Beef is also treated with gamma rays to kill bacteria, but the radiation of meat and foods has produced radiolytic by-products raising serious health concerns. However, if raw milk is sourced from healthy grass-fed cows, it can be a healthy superfood that's contaminant and infection-free.

ARTIFICIAL SWEETENERS AND MSG Artificial sweeteners are the Joker of the food industry and aren't as sweet as you might think. Sucralose, better known as Splenda, is created by chlorinating sucrose replacing hydroxyl with chlorine, which is a known carcinogen. As well as being a health risk, sucralose appears to actually cause weight gain, possibly because it still triggers the release of insulin, which is thought to induce people to actually eat more.

In a report from an official *United States Air Force* publication, pilots were warned not to consume aspartame. The report stated, "Aspartame has been investigated as a possible cause of brain tumors, mental retardation, birth defects, epilepsy, Parkinson's Disease, Fibromyalgia, and Diabetes." To date the FDA has made no move to regulate aspartame, which is sold as NutraSweet or Equal.

Monosodium glutamate (MSG) is used as a flavor-enhancer yet it can cause side effects such as sweating, flushing, nausea, headaches and even numbness in the face and neck. It has also been linked to weight gain, according to studies by the University of North Carolina who found that those who consumed MSG on a regular basis were more likely to be overweight or obese.

PROCESSED GRAINS AND SUGAR Processed grains and sugars are like Kryptonite to the human body. White bread, pasta, rice, sugary cereals, pastries, crackers, and candy aren't only un-nutritious, they are actually anti-nutrients. These foods that are sugar based or immediately turn into sugar once ingested into your system, actually leach vitamins out of your cells. Ever hit the 2pm carb coma at your workplace from eating a big carbohydrate loaded lunch? That is in part because processed grains and sugars are actually sucking the life out of you!

Our bodies are designed as hunter-gatherers, yet our modern-day diets are high in carbohydrates, processed grains, and sugar. We consume far too much bread, cereal, pasta, rice and twinkies than we should and our bodies are protesting!

Those who are suffering from overweight, fatigue, insomnia, depression, foggy brain, bloating, low blood sugar, high blood pressure or high triglycerides need to change their diet - pronto - before it literally becomes the death of you. Refined carbohydrates are derived from processed grains which have had most of the nutrients removed. Refined grains are the main ingredients in bread, bagels, cereal and pasta. They're known as "empty calories" as they're stripped of nutrients, fiber and B vitamins.

Eating Beyond Organic

Organic has been the health buzz word over the past several years that has come to mean “healthy”. Organic food is definitely superior to conventional food, because it’s free of most chemicals and raised or grown in a healthier environment. Most people realize that conventional is bad and organic is good... but I want great. I don’t want to just eat Organic, I want to eat Beyond Organic!

A good friend of mine, Jordan Rubin, recently started a company who’s mission is to create the healthiest SuperFoods in the world. The company’s name is Beyond Organic. Jordan had suffered from Crohn’s disease, Ulcerative Colitis, Rheumatoid Arthritis, and Chronic fatigue, but his own life was saved when he switched to a diet high in SuperFoods.

Jordan traveled the globe looking for answers and talked to over 60 doctors all over the world and just kept getting worse. Jordan had lost over 70 pounds and was on the verge of death, when he met a man that told him if he followed a diet based off of the Bible, he could be healed.

Jordan changed his diet and began eating SuperFoods like cultured dairy, wild berries, green leafy vegetables, and pasture fed beef. After following this plan for 3 months, his health was completely restored.

This inspired Jordan to write the NY Times best-selling book, *The Makers Diet* and to go on and start one of the largest vitamin companies in the world called Garden of Life. Although Jordan had much success with Garden of Life and helped millions with their health, he always knew he wanted to start a food movement. Yes, supplements are important, but it is important to remember that supplements are for supplementing an already healthy diet.

I have witnessed thousands of people over the years who have thought they could continue to eat junk, but make up for it by taking certain vitamins. Sure, vitamins can help, but God put ALL of the nutrients we need in the food we eat if they are grown and raised properly.

I asked Jordan what he considered to be most important when it comes to eating Beyond Organic. Here are some of his guiding principles in creating both plant and animal SuperFoods:

No Chemicals (pesticides, fungicides, and herbicides)

Non GMO

No Anti-biotics, Growth Hormones, or Vaccines

Green-fed animals

Biblical based processing

Kind animal treatment

Raw or Low temperature production

For something to be a SuperFood, it must not only be loaded with vitamins and phytonutrients, it also must be free of toxic chemicals. Chemicals can negate all health benefits that a SuperFood can give you in the first place. Be sure that the foods you’re eating are organic or even better... Beyond Organic.



Jordan Rubin, at the Beyond Organic Ranch in Missouri

Be A Hero

How many people do you know who need to change their diet, lose some weight, and start eating superfoods? If you're like me, it's almost everyone you know.

We have an opportunity to save lives together by spreading this message and sharing this FREE eBook.

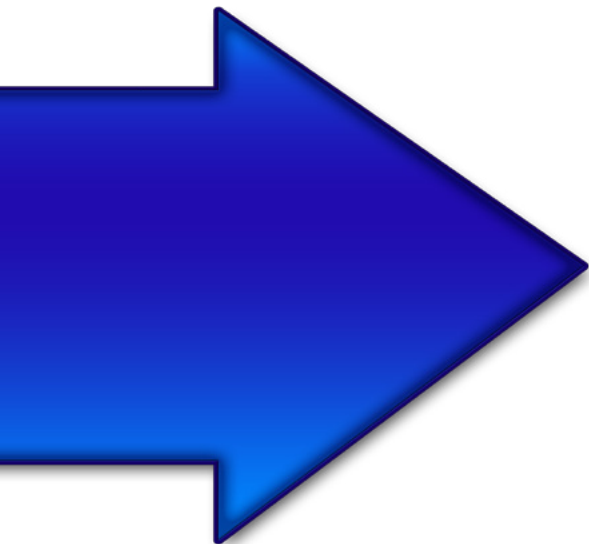
I recently had a patient come to me and say, "Dr. Axe, you're not going to believe this. I emailed one of your articles to my mom and after following your advice for 2 months, her doctor has taken her off of 5 medications and she has lost 30 pounds! Thank you! She says you're her hero!"

I was beyond touched by her kind words and I give God the glory for giving me the platform to speak about health. I want to encourage you to use your platform to help spread this message of health as well. Whether sending an email, posting on facebook, or verbalizing something you've learned, there are so many great ways YOU can help people.

Thanks so much for reading this book and thanks for being a hero. By our powers combined we can help save the planet!

Spread the health!

Share this ebook on facebook.



Breakfast

Berry Smoothie

6oz Amasai (Or Coconut Milk)
1 cup raspberries
2 Raw eggs (Or 1 scoop protein)
Stevia to taste

Peach Probiotic Smoothie

6oz Amasai
1 cup frozen Peaches
2 Tbsp Almond or Cashew butter
2 Raw Eggs
1/4 tsp Cinnamon
1 tsp Vanilla
1 Tbsp Honey

SuperFood Smoothie

6oz Amasai (Or Coconut Milk)
1 cup Blueberries or Raspberries
1 cup Kale or Spinach
2 tsp Flax or Chia seeds
Half tsp Cinnamon
Stevia to taste



Breakfast

Gluten free pancakes

- 1 1 c. gluten free pancake mix (Bob's Red Mill)
- 2 eggs
- 1/2 c. coconut milk
- 1/2 c. canned pumpkin
- 1/2 c. fresh or frozen blueberries
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tbsp. coconut oil

Combine wet ingredients in a bowl (except blueberries)
Whisk in dry ingredients carefully to avoid clumping
Stir in blueberries
Heat coconut oil in pan over medium heat
Serve warm with blueberry and maple syrup

Grainless Granola

- 1 c. sliced raw almonds
- 1 c. chopped walnuts
- 1 c. chopped dried apples
- 1 c. blueberries
- 1 c. coconut flakes
- pinch of cinnamon

Toss all ingredients together in a large bowl.
Serve with berries.



Snacks

Superhuman Shake

3 Raw Eggs
8 oz. Amasai or Goats Milk Yogurt
4 Tbsp Almond Butter
2 Tbsp Flax Seeds or Flax Meal
1 tsp Cinnamon
1/2 Banana



Hummus

2 cans garbanzo beans
1/4 c. raw sesame seeds
1 Tbsp olive oil
1/4 c. lemon juice
1 garlic clove, peeled
1 tsp. cumin
Sea Salt to taste

Drain and rinse garbanzo beans, reserving 1/4 c. liquid.
Place all ingredients in a blender and blend.
Add more water or olive oil until desired consistency is reached.



Snacks

Guacamole

2 avocados
1 lime
2 cloves of garlic, minced
1 small tomato or salsa
1 tsp. sea salt
1/2 tsp. dill

Spoon out avocados into large bowl.
Add lime juice, minced garlic, and chopped tomato.
With a spoon, mash together until mixture becomes creamy.
Add sea salt and dill.
Refrigerate and serve with bell pepper slices or celery.

Anti-Oxidant Trail Mix

1 c. pecans
1 c. almonds
1/2 c. raisins
1/2 c. dark chocolate chips (unsweetened)
1 c. dried apple slices
sea salt, sprinkled
cinnamon, sprinkled

Combine all ingredients in a bowl.



Lunch

Superfood Salad

- 1 cup Spinach
- ½ cup blueberries and strawberries
- 4 oz Salmon or Chicken
- ¼ sliced cucumber
- ¼ cup sliced almonds
- ¼ cup sliced orange/yellow/red peppers

Lemon Tahini Dressing

- ½ cup lemon juice
- 1/3 cup extra-virgin olive oil
- 1/3 cup tahini
- 2 tbsp honey
- 2 cloves minced garlic
- 1 tsp sea salt
- 1 tsp black pepper



Lunch

Vegetable Soup

2 Tbsp raw or organic butter
2 med. garlic cloves, smashed
1/2 c. chopped red onion
1 c. celery, chopped
2 zuchinni's, chopped
1 large carrot, diced
1/2 c. tomato, diced
1 lb. mushrooms, chopped
2 tsp. dried thyme leaves
8 c. vegetable or chicken stock
1 Tbsp. Bragg's liquid aminos
10 oz. green beans
1/2 c. chopped parsley
sea salt & pepper to taste

In a large pot over medium heat, melt butter. Add garlic and onions and sauté, stirring occasionally, for 3-5 minutes.

Add celery, zucchini, tomatoes, carrots, mushrooms, herbs, salt & pepper. Cover and cook, stirring occasionally, for 7-8 minutes.

Add stock, cover and let simmer for an additional 10-20 minutes or longer. Stir in Bragg's, green beans and parsley and simmer for a few more minutes.



Lunch

Green-Fed Stir-Fry

5 Tbsp coconut Vinegar
1 Tbsp honey
1 Tbsp coconut oil
1 Tbsp minced fresh ginger root
1 Tbsp minced garlic
1 lb. grass-fed beef round steak, cut into thin strips
8 oz. chopped broccoli
1 red bell pepper, sliced
4 oz. mushrooms

First add coconut oil to pan, let heat for 1 minute.
Then add in all ingredients.
Heat for 8-10 minutes
Serve over brown rice.

Chicken Salad Lettuce Wrap

4 c. leftover, cooked chicken
3 c. diced celery
1 c. sliced red grapes
2 tsp. lemon juice
2/3 c. mayonnaise alternative (Veganaise)
1/4 c. chopped walnuts
sea salt & pepper to taste

Place all ingredients in a bowl and mix together.
Scoop into lettuce wraps, or lettuce bowls.



Sides

Garlicky Greens

2 c. Kale
3 cloves Garlic
½ Onion
1 tbsp Coconut Oil
Sea salt and black pepper to taste

Add coconut oil to preheated pan
then sautee garlic and onions for 2 minutes,
Add Kale.
Sea salt and black pepper to taste.



Mashed Faux-Tatoes

1 med. head cauliflower (about 1 1/2 lbs.)
1/2 c. raw or organic butter
1/2 tsp. sea salt
5-8 grinds black pepper
minced chives (optional)

Steam cauliflower until tender

In a food processor, blend all ingredients
until smooth



Dinner

Green-fed Meatballs

- 2 pounds green-fed beef
- 2 organic eggs
- 1/4 cup almond meal or Gluten Free breadcrumbs
- 1 teaspoon Italian seasoning
- 1/4 large onion, grated
- 1/2 tsp sea salt
- 1/8 tsp black pepper
- 1/8 tsp fresh ground nutmeg or cinnamon
- 1/2 cup organic BBQ sauce or Ketchup

Mix all ingredients well then shape into 1" balls
Bake at 350 for 20 minutes then serve



Powerburgers

- 1 pound green-fed beef
- 1/4 cup thinly sliced onions
- 1/2 tsp turmeric
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1 tbsp coconut aminos or bragg's liquid aminos

Mix ingredients in bowl then make into 4-inch patties. Cook on grill or skillet for 4 minutes then flip, cook for 2 more minutes then add on raw cheddar cheese, cook for 2 more minutes then serve.



Dinner

Salmon Patties

2 cans wild caught Alaskan salmon
4 eggs
2 Tbsp. olive oil
1/2 onion, chopped
1/2 box Mary's Gone Crackers, crumbled

Combine all ingredients in a large bowl and form into patties.

Heat 1 Tbsp. coconut oil or grapeseed oil in a large skillet over medium heat. Cook patties 5 minutes on each side.

Gluten Free Chicken Tenders

10 Chicken Strips
1/2 cup, Gluten Free Flour (Bob's Red Mill)
1/2 tsp. Paprika
1/4 tsp. Cayenne
1/4 tsp. Sea Salt
1/4 tsp. Black Pepper
1/4 tsp. Garlic Powder
2 Tbsp. Coconut Oil

Mix dry ingredients in bowl, then coat chicken. Cook in a pan with coconut oil.



Dessert

Dark Chocolate Covered Berries

2 Chocolate Bars
2 Tbsp. toasted flax seeds
2 c. fresh blueberries

Melt chocolate in a bowl over a pan of simmering water. Stir frequently until melted and smooth. Stir in Flax. Remove from the heat, mix in blueberries. Spoon small clumps of blueberries onto waxed paper on baking sheet. Refrigerate until firm, (10 min).



Avacado Mousse

1/2 c. medjool dates, (soak in cold water, 2-3 hours)
1/2 c. maple syrup
1 tsp. vanilla extract
2 c. mashed avacado (about 3 avacados)
3/4 c. organic cocoa or carob powder
1/2 c. water

Blend or process dates, maple syrup and vanilla until smooth. Add mashed avacado and cocoa powder. Add water and process until smooth. Serve chilled.



Dessert

Coconut Macaroons

6 egg whites
1/4 tsp. celtic sea salt
1/2 cup raw honey
1 tbsp. vanilla extract
3 cups unsweetened coconut

In mixing bowl, whisk eggs, sea salt, raw honey, vanilla and coconut.

Spoon batter on to parchment paper on cookie sheet
Bake at 350 degrees for 10 to 15 mins until lightly browned.

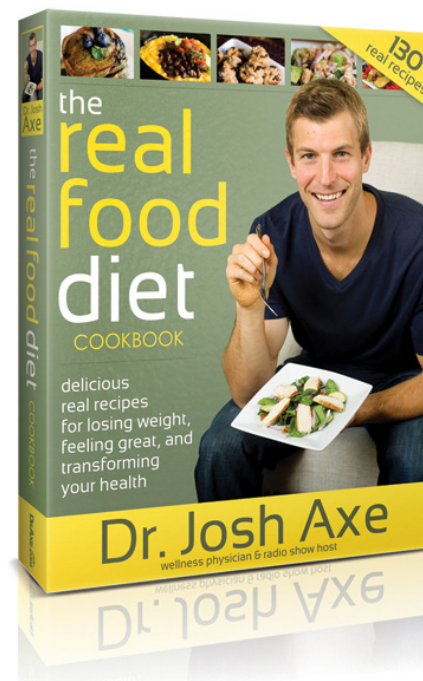


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Workout Plans

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3-DAY HOME (30 minute workouts)

Monday

Shoulders:	Dumbbell Press	3-sets	Superset Shoulders & Legs
	Dumbbell lateral raise	3-sets	
Legs:	Lunges	3-sets	
	Sumo Squats	3-sets	
Burst:	Sprint in Place	20 seconds	
	Mountain Climbers	20 seconds	
	Planks	30 seconds	
	Repeat Burst 3x Then rest 1-minute		

Tuesday

REST

Wednesday

Back:	Reverse Flys or Pullups	3-sets	Superset Back & Chest
	One-arm Rows	3-sets	
Chest:	Incline Dumbbell Press	3-sets	
	Pushups	3-sets	
Burst:	Burpees	20 seconds	
	Arm Circles	20 seconds	
	Pulsing Squats	30 seconds	
	Repeat Burst 3x, Then rest 1-minute		

Thursday

REST

Friday

Triceps:	Dumbbell Tricep Extensn	3-sets	Superset Bi's & Tri's
	Kickbacks	3-sets	
Biceps:	Dumbbell Curl	3-sets	
	Concentration Curl	3-sets	
Abs:	Crunches	3-sets	
	Oblique dumbbell twist	3-sets	

Saturday

30 minute Walk, Jog, or Bike Ride outside

Sunday

REST

ADVANCED WORKOUT PLAN

Monday

Shoulders:	Seated Dumbbell Press	3-sets	Superset Shoulders & Legs
	Dumbbell lateral raise	3-sets	
	Machine Press	3-sets	
	Rear Delt raise	3 sets	
Legs:	Leg Press	3-sets	
	Leg Curls	3-sets	
	Leg Extension	3-sets	
	Lunges	3-sets	

Tuesday

30 minutes Burst Training

Wednesday

Back:	Pullups	3-sets	Superset Back & Chest
	Seated Cable Rows	3-sets	
	Lat Pulldown	3-sets	
	Row Machine	3-sets	
Chest:	Incline Dumbbell Press	3-sets	
	Incline bench Press	3-sets	
	Dips or Machine	3-sets	
	Pushups	3-sets	

Thursday

30 minutes Burst Training

Friday

Triceps:	Cable Pressdown	3-sets	Superset Bi's & Tri's
	Kickbacks	3-sets	
	Skullcrushers	3-sets	
Biceps:	Dumbbell Curl	3-sets	
	E-Z bar Curl	3-sets	
	Cable Curl	3-sets	
Abs:	Crunches	3-sets	
	Oblique dumbbell twist	3-sets	

Saturday

30 minutes Burst Training

Sunday

REST

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