

Super Foods; Eat More, More Often

Coconut & coconut oil (contain healthy medium-chain fatty acids MCTs).

Benefits: fat burner, improves digestion, builds muscle, helps in the recovery after food poisoning, helps get rid of parasites, breaks down kidney stones, antibacterial for oral hygiene, regulates glycaemia.

Kale (and other dark green leafy vegetables, preferably organic). Only 35 calories per serving, rich in Calcium, Magnesium, Vitamin B6, Lutein, Beta-carotene, vitamins A, C and K for strong bones, to improve vision and aid digestion.

Cultured dairy (Kefir, amasai). Best made with organic milk from green-fed cows. Contains highly absorbable whey protein, vitamin D3, Calcium, vitamin K2, B-vitamins and Omega-3 fatty acids. It improves digestion, boosts immunity, reduces inflammation, promotes weight loss. Healthy probiotics.

Chia & Flaxseeds: super rich in fiber, linoleic acid, a fatty acid that helps absorb fat-soluble vitamins: A, D, and K. Also contains Boron, which is high in Omega-3s. Great for detoxifying, natural laxative. Flaxseeds are high in B vitamins, Magnesium and Manganese; they counter inflammation.

Berries (organically grown) contain the most powerful antioxidants, they fight cancer cells, reduce inflammation, improve memory, support healthy skin & gums. They are rich in vitamin C, Collagen, B-vitamins and minerals. Berries are easy to grow at home, in planters.

Avocados contain 20 essential nutrients and also help absorb other fat-soluble nutrients as well. Notable they contain B vitamins, Potassium, vitamins K and E, Omega-3s; their fatty acids increase the good cholesterol HDL and help protect cells from free radicals damage.

Garlic, Onions, Leeks, etc. Full of inulin, vitamins C, B6, Manganese; anti-bacterial, anti-microbial, anti-fungal; packed with antioxidants.

Wild salmon provides fatty acids vital for growth and for maintaining a healthy heart and brain. Rich in protein, essential amino-acids, vitamins A, D, B6 and E, Calcium, iron, Omega-3s, essential minerals.

Cocoa is high in antioxidants, it enhances mood, protects the skin from UV damage, boosts cardiovascular health and benefits the nervous system. Moderation is key: 1-2 ounces of cocoa a day can lower blood pressure, reduce blood clots, improve skin, sharpen the mind and slow down aging.

Broccoli (& other cruciferous vegetables) contains phytochemicals, antioxidants, minerals and fiber.

Almonds contain high levels of the amino acid Arginine, which increases blood flow, aids in muscle building & endurance; 12 other amino acids. They decrease the risk of diabetes, heart disease, Alzheimer and cancer.

Eggs (organic). Great source of protein and Omega-3, vitamin A, E, beta-carotene.

Algae: packed with vitamin B12 and over 20 amino acids, rich in protein, anti-tumour properties; they enhance vascular and immune functions and wound healing.

Turmeric contains curcumin, which helps cancer prevention, reduces Alzheimer risk, slows down aging, fights infection, reduces inflammation and accelerates the healing processes. It also improves the blood flow, lowers stress levels, improves mental sharpness and focus.

Cinamon: high in calcium, fiber, Manganese. A powerful antioxidant, it regulates blood sugar and protects against free radical damage. It has antibacterial properties, helps burn fat and slows down aging.

Ginger: Both fresh and ground are beneficial; you can use both in the same meal. It contains fibre, Potassium, Copper, Manganese, vitamin C, Magnesium, vitamin B6, niacine (B3), iron, Phosforus. Helps eliminate nausea, it protects from fungal infections, decreases menstrual colic; it can also help fight cancer, etc...

Water: Drink good quality, filtered water. Tap water is often full of chlorine and other unhealthy substances.



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