



ULTRA IMMUNITY — FOODS —

DISCOVER THE 25 FOODS THAT STRENGTHEN THE BODY'S SIX
"IMMUNITY CENTERS" AND HELP HEAL AND REVERSE THE MOST
COMMON AILMENTS



A SIMPLE PLAN YOU CAN EASILY INCORPORATE INTO YOUR LIFESTYLE,
DETAILS OF EACH VARIETY OF EVERY FOOD ON THE LIST
HOW TO **BUY, STORE AND PREPARE THESE POWER-FOODS.**

Published in 2013 by www.MycoUltra.com

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the author.

Disclaimer

The author, publisher, and distributor of this product assume no responsibility for the use or misuse of this product, or for any injury, damage and/or financial loss sustained to persons or property as a result of using this report.

While every effort has been made to ensure reliability of the information within, the liability, negligence or otherwise, or from any use, misuse or abuse of the operation of any methods, strategies, instructions or ideas contained in the material herein is the sole responsibility of the reader. The reader is encouraged to seek competent, professional medical advice before using any tips and strategies shared in this publication.

No medical benefits are either claimed or implied. There can be both relative and absolute contraindications to the use of our products. Nothing in this offer is a substitute for proper health care. Whereas many health care professionals use our programs as a take home care modality for support purposes, this is not to be confused with health care per se. If you have a serious physical or mental condition, see your health care provider before ordering any of our programs. We are in the business of helping people help themselves.

INTRODUCTION	5
Apples	6
Berries	7
Broccoli and Cruciferous Vegetables	8
Carrots	9
Citrus Fruits	10
Dark Leafy Vegetables	11
Green Food Powder	12
Fig and Date	13
Garlic	14
Flaxseed	15
Legumes	16
Olive and Olive Oil	17
Herbs and Spices	18
Potato	19
Sea Vegetables	20
Squash	21
Tomato	22
Soy	23
Nuts and Seeds	24
Whole Grains	25
Yogurt	26
Green Tea	27

Raw and Organic Honey	28
Bell Peppers	29
Kiwis	30
CONCLUSION	31

INTRODUCTION

The Overuse of Medication In Today’s Society

.....

It has become increasingly common for people to consume things that, in the end, destroy their health. We all know that many popular foods are bad for us, but how many people realize how over-used medications are in society?

Antibiotics are one of the most overused medications, and it is leading to widespread reductions in immune system function. Most antibiotics kill any bacteria they come into contact with, but the body harbors millions of *beneficial* bacteria. Killing them weakens the immune system drastically, causing our bodies to be unable to fight off diseases on their own. That often translates to even more medications, which changes the bacterial balance in our bodies once again. In many cases, antibiotics do more harm than good. The vast majority of today’s health problems begin with our diet, and eating plenty of immunity boosting foods is a far better strategy than relying on medications.

Did you know that *every single* human being has cancer cells in their body? Cancer cells have evolved to be able to survive within our tissues, and the only reason that not everybody gets full-blown cancer is because of our immune systems. The immune system is able to recognize and kill cancer cells, as long as it is functioning properly. The stronger your immune system is, the less likely you are to develop cancerous tumors. Regular exams and tests at the doctor’s office will help you catch cancer early and make it more likely that you will survive, but what if you could avoid that?

Wouldn’t it be great to skip the medical bills, the uncomfortable treatments, and the worry? There are certain foods that have properties that drastically decrease your chance of cancer and many other diseases, without the harmful effects of medications like antibiotics. They do this simply by strengthening your immune system! Here are 22 of the best power foods for boosting your immune system and helping to eliminate disease.

Apples

Our first super immunity food is apples. Apples come in a variety of forms from sweet to sour, making them an option that most people can enjoy. These fruits contain up to 85% water, which is great for hydration. Eating an apple before a meal can help eliminate overeating because of the high level of water content, as well as the amount of fiber in it. A medium apple contains between 4 and 5 grams of fiber, which is up to 20% of daily value! Fiber improves digestive efficiency and helps reduce hunger.

Immunity Booster. Apples contain a huge amount of antioxidants, which are the molecules that help boost immunity the best. Antioxidants fight against oxidation and free radicals, which are the pesky molecules that cause cancer, aging, and many diseases. While we need oxygen to survive, it turns out that oxygen is also slowly destroying our cells. Antioxidants help slow down this process, allowing us to live longer and healthier lives.

A study published in 2010 demonstrated the effects of consuming 8 ounces of apple juice per day over a one-month period on Alzheimer's patients. The patients' caregivers reported a 27% decrease in psychotic and behavioral symptoms¹. Another study, which began in 2002, gave apple juice concentrate to a group of mice with Alzheimer's symptoms. They tested the affected mice, affected mice given apple juice, normal mice, and normal mice given apple juice. They found that apple juice improved the memory of the affected mice significantly, and that it even improved the memory of the normal mice². Another study found that women who consumed apples over a ~7 year period had up to a 22% decrease in their risk for cardiovascular disease³. It was also shown that apple intake is linked to decreases in diabetes and asthma³.

Healthier Organs Apples help to lower cholesterol, and as a result of this may also help reduce the production of gallstones. They help your liver and other organs defend themselves against the many toxins that we are exposed to, and are linked with lower weight. Lastly, they are beneficial towards eye health; people who consume apples regularly are up to 15% less likely to develop cataracts⁴.

Apples themselves contain more antioxidants than processed forms, such as applesauce and apple juice. Whenever possible, always choose the less processed version of a food. Like any fresh fruit, apples bought from a local farmer's market are

fresher than those bought at a large chain supermarket. Fruits and vegetables bought locally also have far less pesticides and preservatives, and it supports your local economy!

Berries

Berries are an even more diverse fruit, providing nearly a dozen readily available subtypes to choose from. Acai berries have been growing in popularity due to their immunity boosting properties. They've been used for a long time to treat common issue like stomach problems and skin conditions, but they only grow in certain areas of the world, and so have only recently become more widely available. They have one of the highest concentrations of antioxidants out of all fruits, and have been shown to directly trigger cell death in cancer cells! A study that was published in the Journal of Agricultural and Food Chemistry demonstrated this, finding that 86% of leukemia cells exposed to acai berry extract self-destructed⁵.

Blueberries

Round Blue Risk Reducer. Blueberries and strawberries are very sweet, and can be found in any supermarket. They are great in smoothies, but are usually eaten by themselves. Eating these two super foods three or more times per week has been linked to an up to 33% decrease in risk for heart attack⁶. This study by Harvard also found that these berries reduced the risk for other cardiovascular problems, including plaque buildup in the arteries. The fruits contain anthocyanins, which are great for heart health. The ASDA found that wild blueberries contain the most antioxidants per serving, compared to many other fruits⁶. Those who only eat berries a few times a month do not gain nearly as many benefits as those who eat berries multiple times per week. Strawberry intake was linked to a decrease in cholesterol in one study. The study is located in the Journal of Nutritional Biochemistry, and it showed a 14% decrease in the unhealthy form of cholesterol⁷. The improvement is the most dramatic in obese people, followed by overweight people.

Goji Berries

Anti-aging Berries. Goji Berries are one of the best super immunity foods in the berries category. They contain the most protein of all berries, all of the essential amino acids, Vitamin C, fiber, carotenoids, calcium, zinc, selenium, and more. They have anti-

inflammatory properties and anti-bacterial properties, and have been used for centuries in some Asian countries for medicinal purposes. Berries' huge antioxidant content allows them to fight off damage from free radicals and oxidation in the body, which can help prevent cancer and other diseases. Blocking some of the damage done by free radicals also helps reduce the signs of aging on the body. The huge boost in antioxidants due to regular berry consumption has been proven in countless studies, with daily servings reaping the best results.

Broccoli and Cruciferous Vegetables

Broccoli is another versatile vegetable that can be used in quite a few ways. It can be eaten raw, cooked into casserole, blended into a smoothie, or put into a salad. It is rich in minerals, vitamins, and antioxidants. This includes Vitamin C, Vitamin B, Vitamin K, Vitamin A, zinc, phosphorus, sulforaphanes, and much more. Broccoli has anti-inflammatory properties, allowing it to fight against allergies, asthma, arthritis, and many other inflammatory issues. It's great for the heart, and it can even strengthen the blood vessels. This allows for more efficient oxygen flow, and helps reduce the chance of blood clots by widening the vessels. Broccoli is best eaten raw, where it has the most nutrients and antioxidants.

Cruciferous

Cruciferous vegetables is a broad category of amazing super foods that contains many foods such as broccoli, cauliflower, Bok Choy, cabbage, Brussels Sprouts, watercress, radishes, and kale. Watercress is a plant that boosts the immune system while causing a number of beneficial side effects. It can improve vision, strengthen night vision abilities, prevent eye diseases like cataracts and macular degeneration, create healthier skin and hair, improve bone health, ward off flus and colds, detoxify the body, protect the cardiovascular system, etc. Its antioxidants allow it to help protect the body from cancer, as well. Watercress is great for slowing down the process of neurodegeneration. This means that it can improve certain symptoms of old age, such as memory loss, and also that it can soothe the symptoms of serious diseases like Alzheimer's.

Bok Choy

Cancer Fighting Green Veggie. Bok Choy is a green vegetable that offers tons of antioxidants, minerals, and vitamins. It is especially potent with Vitamins C and A, and it is low in carbs, sugars, and fats, making it a great option for those trying to lose fat and gain overall health. Bok Choy helps to prevent cancer and other diseases due to its high concentration of antioxidants. Brussels Sprouts contain fiber, Vitamin C, Vitamin A, potassium, calcium, and antioxidants, among other things. This veggie is also best eaten raw, but can be lightly steamed as well. They also contain sulforaphane, which is useful for warding off cancer. Eating Brussels sprouts helps reduce the risk of heart disease, diabetes, high cholesterol, and high blood pressure. Cruciferous vegetables should be washed and stored in the refrigerator if they aren't going to be used right away.

Carrots

Pro Vision Vegetable. Carrots are a super immunity taproot, demonstrating an abundance of vitamins A, B, C, E, and even minerals such as iron, zinc, and copper. These are all used in the immune system to produce strong white blood cells, which protect our bodies from infections and disease. Carrots are particularly abundant in Vitamin A, which is involved with not only immune function, but also vision and reproduction. In fact, half a cup of raw carrots has 9,189 international units of Vitamin A, which is 184% of a regular person's recommended daily value⁸. There are over 100 species of carrots, all of various shapes, sizes, and colors. Some are fatter than others, some are skinnier, some longer, some shorter, and some are irregularly colored from the standard orange that many of us know carrots to be; other colors that carrots have been known to change into include white, yellow, and red.

Vitamin A isn't just good for preventing infections; it's also good for your eyesight. Carrots have high concentrations of beta-carotene, which is later converted in the liver of the human body into Vitamin A, which is later transformed in the retina of the eye into rhodopsin, a purple pigment which is necessary for seeing at night and in dark areas. Carrots are also great for the skin, as Vitamin A and all of the antioxidants found in carrots prevent sun damage, and without them we would have weaker hair, flaky nails, and dry skin. Beyond sun damage, Vitamin A also prevents premature wrinkling, acne, and uneven skin tone.

Carrots can be bought just about anywhere, lining the shelves at major distribution stores year-round. During their growing season, local farms sell large natural carrots

straight from the earth. Natural carrots may possess even more benefits than those bought from chain supermarkets, and they lack preservatives. Cold storage is generally the best way to preserve the quality and freshness of carrots. Carrots can last months in the refrigerator if properly prepared for long-term storage. To prepare carrots for frozen storage, the greens must be removed from the root, and then the carrot must be blanched with boiling water, cooled, than put into plastic containers and put into the freezer. Carrots can also be eaten raw, which is recommended because they have the highest vitamin content this way.

Citrus Fruits

Famous Vitamin C Resource. Citrus foods have been known to boost qualities of the immune system for many years now. For example, oranges are particularly famous for their high concentration of vitamin C content, alongside tomatoes and kiwi, which have even higher amounts of vitamin C. Because vitamin C is such a potent antioxidant, incorporating citrus foods into our diets will greatly improve our immune systems. Vitamin C has very specific functions in contributing to the immune system, including the absorption of dietary calcium, which supports bone structure and helps prevent bone disease such as osteoporosis. Citrus foods can be stored out at room temperature, or in the refrigerator for longer periods.

Immunity Yellow Fruits. These foods have high concentrations of phytochemicals called flavonoids, which have been shown to reduce the risk of chronic diseases including obesity, heart disease, diabetes, and cancer⁹. Of all the flavonoids, hesperidin is the most abundant in citrus foods. The intake of hesperidin has been shown to reduce blood pressure, improve cholesterol levels, lessen tumor growth, and improve overall vascular health¹⁰. Grapefruit contains another flavonoid, naringin, which promotes fat burning by enhancing metabolism. Hesperidin and naringin both work to improve cholesterol levels, especially by reducing the amount of bad cholesterol. Folic acids inside of citrus foods are among the highest concentrations of any fruit. Folic acids help with DNA synthesis, cellular growth, and red blood cell production.

Citrus fruits can be bought seasonally around the globe. A local farmer's market is the best way to get citrus fruits, and they often have a larger variety than supermarkets do. The lack of unnecessary preservatives and the lower price are also good reasons to buy locally. However you decide to get them, citrus fruits can be refrigerated, eaten raw, put in salads, sliced, diced, and served whole. Citrus can be used to make dressings and

sauces, and is great when put into a juicer. Some people enjoy sticking citrus foods in their drinks for their flavor, and it's another way to get some of the health benefits that these foods provide. This is especially prominent in tea, and many teas come in citrus flavors for this reason.

Dark Leafy Vegetables

Vitamin Packed Veggie Color. Dark green veggies have a much larger amount of vitamins and minerals than lighter greens do, and they also contain fiber, antioxidants, calcium, iron, and more. Dark leafy vegetables include spinach, kale, collard greens, garden cress, and more. These veggies are great for the skin, hair, nails, and bones, and they also boost immunity. They are commonly found in stores, and some can also be found frozen. A mixed veggie bag containing a few of these is a great way to pack antioxidants and minerals into your diet- a green smoothie is one of the most common ways that people eat spinach and kale. They can be used for sandwiches, salads, soups, smoothies, casseroles, in stir-fry, in omelets, etc. The fact that they can be incorporated into almost any type of meal makes them a particularly useful super food.

Many of these dark greens are rich in vitamin K, especially spinach and kale. Vitamin K is necessary for blood clotting and is used to make proteins found all over the body. Eating at least a few servings of dark leafy vegetables very week has amazing health benefits, from easing asthma symptoms and reducing the risk of heart disease to preventing cancers of the stomach, skin, and breasts¹¹. Collard greens are full of vitamins C and K, beta-carotene, iron, calcium, and antioxidants. Two of the most prominent antioxidants are zeaxanthin and lutein, which have been shown to improve eye health and reduce the risk of eye diseases like macular degeneration. Mustard greens contain tons of vitamins C, K, and A, as well as beta-carotene, potassium, and folate. Folate is a B vitamin with many functions, such as assisting with DNA replication.

Swiss Chard

Low Calorie Green Leafy. Swiss chard has anti-inflammatory properties, which means it helps reduce the risk of hundreds of diseases. It contains vitamins C, K, and A, as well as iron, and folate. Watercress has potassium, calcium, isothiocyanates, vitamin C, and more. Like the others, it has anti-cancer properties due to its antioxidants. It has only 4 calories per cup and has been shown to lower blood pressure and cholesterol¹². All of these dark leafy greens contain fiber and some protein yet have very few calories.

A diet full of leafy greens provides hundreds of benefits and gives your body a greater ability to fight off diseases.

Green Food Powder

The Power of Greens. Green food powders include spirulina, chlorella, barley grass, and wheatgrass. Spirulina contains protein, amino acids, Vitamin B, iron, calcium, phosphorous, magnesium, beta-carotene, and more. It's often used as a supplement and for detoxification, and it has quite a few health benefits, including an overall immune system boost. Spirulina reduces inflammation, boosts energy and reduces fatigue, facilitates digestion, and is beneficial for the kidneys, liver, and cardiovascular system. Chlorella contains Vitamins B, K, and C, folic acid, and antioxidants. It's a type of algae like spirulina is, and has been linked to a decrease in severity for high cholesterol, diabetes, and heart disease. It has also been shown to help with blood pressure and joint issues. Chlorella can also help to detoxify the body.

Wheatgrass

Detoxifying Grass. Wheatgrass is a gluten-free wheat product that can be found in a powdered form, and is often mixed with drinks and smoothies. It contains chlorophyll, Vitamin E, Vitamin K, Vitamin C, Vitamin B, manganese, selenium, phosphorus, and iron, and has been shown to help the immune system attack bacterial infections. This food is good for detoxification, and it also has many medical implications. It acts as an anti-inflammatory, reduces blood pressure, promotes healthy digestion, and increases fertility. Wheatgrass has been shown to help soothe insomnia and menstrual complications, can help you get to a healthier weight, and is good for the skin. It contains 18 amino acids and it can help to regular acidity (pH) in the body. The chlorophyll and beta-carotene, among other things, help prevent cancer from forming.

Barley Grass

Got Health Problems? Barley grass is another variety of green food powder that is used to make drinks. It's full of B vitamins, calcium, carotene, iron, Vitamin C, Vitamin E, organic sodium, potassium, magnesium, copper, enzymes, protein, chlorophyll, and more. It is great for joint health because it has the ability to break down calcium deposits; it's especially useful for those with arthritis. It is also good for the digestive system because it strengthens the lining of the stomach to protect it from

gastric acid, and speeds up the efficiency of digestion with its fiber content. It also helps regulate acidity levels in the body. Barley grass has 18 amino acids, including 8 of the essential ones. The chlorophyll has antibacterial properties, so it has also been shown to help with the healing process of skin wounds, such as ulcers.

Fig and Date

Figs

Small but Powerful. Figs contain beta-carotene, calcium, iron, copper, potassium, fiber, amino acids, and Vitamins K, E, C, and A. They're full of antioxidants and also have anti-inflammatory properties, which helps prevent issues like asthma and arthritis. This super food can ease digestive complications such as constipation and hemorrhoids; it has a mild laxative effect. It's also good for the skin, and has been shown to help cure skin blemishes like acne and ulcers. Figs are full of fiber and can help regulate blood sugar, reduce high blood pressure, and reduce high cholesterol, making them a great food for those on a fat-loss diet. Figs are also useful for preventing bone decay, such as in osteoporosis. Figs often come in a dried form, which is a denser source of energy than the fresh form is.

Dates

Anti-aging Fruit. Dates contain carbohydrates, selenium, copper, iron, magnesium, potassium, fiber, protein, Vitamin C, and Vitamin B. The seeds of the date contain much more protein than the rest of it does, and carbohydrates are one of the more prominent components of this food. They have many antioxidants, which means that they protect the body and help strengthen the immune system. They have a decent amount of insoluble fiber, making them useful for preventing constipation and promoting healthy digestion. Fiber also helps prevent the "bad" form of cholesterol from being absorbed by the body, which can improve the ratio of "good" cholesterol to "bad" cholesterol in the body. Dates promote healthy hair, nails, and skin, and help reduce the signs of aging. They also contain tannins, which have antibacterial properties and anti-inflammatory properties.

The Antioxidants Duo. Figs and dates both contain lots of antioxidants, vitamins, and minerals, but they do have some key differences. Figs are lower in calories and sugars per serving. Dates are a better choice for those who would like a healthy, nutrient

packed food to help them put on a bit of weight, whereas figs would be better for those who want more nutrients, but less calories. Figs also have more fiber, thus are better for digestion and metabolism. Dates have a higher concentration of Vitamins A and B, while figs have more Vitamin K, which is needed for blood clotting. Figs tend to have more minerals, especially calcium, iron, and zinc, though dates have more potassium than figs do. Both are great sources of antioxidants and both have many immune boosting factors.

Garlic

A Powerful Kitchen Ingredient. Garlic is an herb commonly used in cooking. It contains potassium, calcium, sulfur enzymes, zinc, selenium, amino acids, beta-carotene, iodine, manganese, magnesium, oleic acid, and much more. The sulfur compounds in garlic are much of why it's able to reduce the risk of many types of cancer. It is linked with lower rates of disease in countries where its consumption is very high, and it is very easily incorporated into meals. It even comes in a powdered supplement form! It's filled with antioxidants and can help prevent the cold and flu. It's good for the hair, nails, and skin, and can even reduce skin issues like acne and psoriasis due to its antibacterial and anti-inflammatory properties. This trick can also be applied to athlete's foot and cold sores.

Garlic in Medicinal Use. Garlic has many medical uses and immune boosting properties, and has been used as a natural remedy for many issues for hundreds of years. It was often used for digestive problems and common complaints like colds and fevers. Garlic has been linked to causing amazing benefits for the entire cardiovascular system. This includes reductions in blood pressure, cholesterol, and blood sugar, and reductions in the risk of heart diseases such as coronary heart disease and heart attacks. Garlic is also good for the lungs, and can reduce the symptoms of common lung disease like bronchitis and coughs; garlic consumption has even been linked to a drastic decrease in the risk for lung cancer!

The raw form of garlic has the most nutrients and beneficial molecules in it. It's best to crush or cut garlic, and then let it sit for a while. This gives you the maximum amount of health benefits. In addition to all of the great benefits mentioned, applying crushed garlic directly to the skin has a mild analgesic effect, which is most often used for toothaches. Garlic improves the efficiency of the body in some ways, such as by increasing insulin release and absorption, and improving iron absorption. In addition to regulating the concentrations of molecules in the blood such as cholesterol and sugar, it

also tends to reduce the amount of fat present. This, in combination with the fact that garlic is extremely low in calories, makes it a great super food for those trying to reduce their weight by losing fat.

Flaxseed

Omega Loaded Seeds Ground up flax seeds and flax seed oil are popular sources of omega 3 fatty acids, omega 6 fatty acids, protein, fiber, zinc, iron, magnesium, potassium, B vitamins, and more. They also contain lignans, which are made of antioxidants and plant estrogen and help prevent hormonal cancers, such as breast cancer. Omega 3 fatty acids are necessary for the body to function, but they also can improve symptoms of anxiety and depression. They also help prevent high blood pressure, heart disease, and autoimmune diseases. Studies have shown that flaxseed oil is linked to the inhibition of tumor growth, and that it can be used as a preventative measure against some cancers, especially breast cancer¹³. Aside from the blockage of tumor formation, flaxseed also contains plenty of antioxidants, which helps prevent other diseases.

Got Diabetes? One study showed that consuming flaxseed every day (30 grams) led to a 20% decrease in metabolic syndrome, lowered blood pressure, lowered blood glucose levels, and decreased waist size¹⁴. This food is calorie-dense, but has not been shown to cause weight gain in the subjects of research studies. Eating flax in some form every day leads to the most benefits. It can be eaten as ground up seeds in a smoothie, flaxseed oil used in cooking, flaxseeds baked into bread, and in many other ways. Studies have also found that eating flaxseed reduces cardiovascular system inflammation, which is measured by the amount of a precursor molecule in the body. This inflammation precursor, CRP, was reduced by up to 15%. This has implications for the prevention of asthma, type II diabetes, and obesity.

Flaxseed contains multiple forms of fiber, and it helps allow the intestines to absorb more nutrients by slowing down digestion. This means that you'll get the most out of what you eat, without wasting nutrients in the food. Flaxseeds can be bought as whole seeds or ground up, as well as in an oil form. The seeds are very hard, so you must have a way to grind them up so that you can eat and digest them. Pre-ground flax seeds must be refrigerated, and they tend to lose freshness and nutrients more quickly than the whole seeds. If you only buy what you're going to use, pre-ground flaxseeds are

convenient and easy to use. If you plan to buy a larger amount and use them over time, it's best to get whole seeds and grind them as you need them.

Legumes

Fibers from the Beans. Legumes are beans and lentils that come in many varieties and are packed with healthy components, such as protein, calcium, magnesium, zinc, fiber, and more. Legumes are a great weight loss tool because they are very filling, and they don't contain much fat. Legumes have the most protein per serving out of any vegetarian food, and contain multiple types of fiber. Fiber can help prevent heart disease and other cardiovascular diseases, and its multiple forms have unique functions. Soluble fiber lowers cholesterol and regulates blood sugar, while insoluble fiber facilitates digestion and prevents constipation¹⁵. Some types of legumes include garbanzo beans, black beans, lima beans, lentils, and kidney beans.

Garbanzo Beans

Bad Cholesterol Away. Garbanzo beans are also known as chickpeas, and are one of the main ingredients of hummus. This power food lowers bad cholesterol (LDL), boosts immunity, and has anti-cancer properties. Because chickpeas can be eaten in so many forms, it's likely that anyone could find a tasty form to eat on a regular basis. A cup of chickpeas has 26% daily value of iron, and so is a great food for those with anemia¹⁶. Iron can also help strengthen the skin, hair, and nails. Lastly, chickpeas help protect the cardiovascular system, and assist with weight loss. Kidney beans have slightly less fat and more protein than garbanzo beans. They also contain fiber, vitamin C, iron, calcium, potassium, magnesium, and more.

Black Beans

Pregnant Friendly Food. Black beans have many of the same benefits as garbanzo beans, including maintaining blood sugar and cardiovascular health. They are beneficial for digestion and are great for pregnant women because of their high folate content. Folate helps with the fetus' nervous system development. Lentils contain zinc, iron, phosphorus, magnesium, potassium, calcium, protein, and fiber. They can be packed with protein, reaching up to 1/4th of daily value. They help maintain blood sugar levels, lower cholesterol, prevent heart disease, and lower the risk of breast cancer¹⁷. All lentils are beneficial, though red ones have more nutrients than yellow ones. This super

food contains little fat, and is not too high in calories considering its nutritional content. Lentils are often soaked in water overnight and incorporated into soups and casseroles.

Oats

Fibrous Breakfast Favorite. Oats have the ability to lower cholesterol and help prevent heart disease. Oats can lower cholesterol because they contain beta-glucan, which is a soluble fiber that causes the breakdown of LDL cholesterol. Studies have shown that just under a cup of oats per day can reduce cholesterol by up to 23%¹⁸. They come in a few varieties, such as instant oats, steel cut oats, and rolled oats. Instant oats often come in flavors, which means they tend to be the least healthy. Rolled oats are steamed and rolled out with the bran flakes removed. Steel cut oats are the most nutritious and have a heartier taste; they aren't very processed since they are simply whole oats cut into pieces. They also take longer to cook because of this.

Diabetic Energy Food. This super food contains protein, fat, fiber, iron, zinc, copper, magnesium, manganese, vitamin B, and more. Much of oats' immunity boosting properties are due to its fiber content; it contains almost 70% daily value of fiber for one cup of dry oats. One study in Germany showed that diabetic patient who ate oatmeal regularly needed less treatment over time. The patients showed a 40% decrease in their insulin dosages²⁰. This may be because the oats improve the body's ability to use insulin. Daily oatmeal consumption has also been linked to reductions in both systolic and diastolic blood pressure in hypertension patients.

Beauty Secret in this Food. In addition to the disease prevention qualities of this fiber, it can also help with weight loss. Oats are very filling because of their protein and fiber, and they can suppress the appetite to prevent overeating. Oats are also used commonly in treatments for dry and sensitive skin- there is even sensitive skin dog shampoo made of oats! It moisturizes and exfoliates the skin, and can be used on the face or anywhere else on the body. Common uses of oats are in oatmeal, bread, pancakes, cookies, breading, and mixed with fruits. They should be stored in a cool place in an airtight container.

Olive and Olive Oil

Healthy Desirable Oil. Olives contain vitamin E, amino acids, antioxidants, fiber, iodine, magnesium, iron, phosphorus, potassium, oleic acid, oleocanthal, polyphenols,

and more. They stimulate the burning of fat because they trigger the production of adiponectin, and their monounsaturated fatty acids reduce appetite and help you feel fuller. Their oleic acid is both great for heart health and it helps to reduce skin wrinkles. Their polyphenols fight against free radical and oxidation damage, helping to prevent diseases such as cancer. Olives' oleocanthal content serves as an anti-inflammatory substance. The 4.4mg of iron in each cup of olives helps to reduce the severity of anemia, and it can help prevent blood clots.

Evading Deadly Strokes. Olives' great health boosting effects include reducing blood pressure, reducing cholesterol, preventing arteriosclerosis, enhancing diabetic patients' sensitivity to insulin, fight off cancer cells, and harden the bones to prevent bone diseases like osteoporosis. Studies have also shown that olive oil consumption reduces the risk of stroke and deep vein thrombosis. It strengthens the arteries to help prevent plaque buildup, which reduces the risk of quite a few cardiovascular complications. A French study found that older people who consumed olive oil regularly had a 41% lower risk of stroke²¹. A study from Spain found that eating olive oil as opposed to other oils that are higher in trans fats reduced the risk of depression by 48%²².

Brain Power Preservation. One last great immunity-boosting effect of olive oil is that it helps protect the brain against neurodegenerative diseases. Alzheimer's, Parkinson's, Dementia, and Huntington's disease all fall into the category of neurodegenerative diseases. Studies have shown that mice who consume olive oil had less amyloid beta, the molecular precursor to Alzheimer's, in their brains²³. The scientists believe that the oleocanthal found in extra-virgin olive oil facilitates the migration of the beta amyloid plaques away from the brain cells; it does so by increasing the production of certain proteins in the body. This is also supported by the fact that people who eat Mediterranean diets, which are high in olives and olive oil, tend to have lower rates of Alzheimer's disease.

Herbs and Spices

Low Calorie Healthy Foods. Herbs and spices are packed with antioxidants, and don't come with many calories, fat, carbohydrates, or any other potentially unwanted components. The variety of antioxidants in herbs and spices are great for preventing damage to the cells from free radicals, and they function to reduce the risk of dozens of diseases and complications. Some examples include inhibiting tumor growth and

preventing cancer, reducing the risk of heart disease and other cardiovascular problems, protecting the body from airborne toxins like cigarette smoke, and reducing inflammation (which can lessen the symptoms of asthma and allergies, among many other inflammatory diseases).

Spicy Medicinal Benefits. Some popular herbs and spices are parsley, turmeric, basil, rosemary, thyme, sage, mint, pepper, cinnamon, ginger, oregano, etc. Each one has its own unique flavor, and for almost any dish there is an herb or spice that can be added to it. Cinnamon is commonly used in sweet foods like applesauce, and it contains a lot of polyphenols, which help to lower blood sugar. Turmeric, on the other hand, is a bit spicy, and is commonly used in curry. It is good for the heart and may function in improving brain health. Ginger is often mixed with yogurt or baked carrots, and one teaspoon has about as many antioxidants as a cup of spinach. Thyme has the ability to improve vision due to its high Vitamin A content, and it's good for bone health due to its calcium and Vitamin K content. It can be used in dressings, stir-fries, or sprinkled directly onto grilled meat.

Oregano

Antioxidants in Spices. Oregano is one of the best dried herbs for antioxidant content, with one teaspoon containing about as much as three cups of broccoli. It's versatile in flavor, and is often used on pasta and sandwiches, or mixed with olive oil. Rosemary is particularly good at reducing inflammation, and is easy to grow in a small herb garden. It is often used in pasta sauce, on garlic bread, and is even baked into certain desserts. Peppers, such as cayenne, are among the spiciest. Their spice can stimulate metabolism and induce fullness. Peppers can be used in many foods, such as dressings and sauces, or even sprinkled onto grilled meat. Needless to say, all of these herbs and spices have enough antioxidants and vitamins that they may help prevent cancer, and they are great for the overall health of the immune system.

Potato

Energy Fuel for the Body. Potatoes come in many forms, including sundry potatoes, russet, red, white, yellow, purple/blue, fingerling, petites, and of course, the sweet potato. A new breed of potatoes, known as Vivaldi, lowers the amount of carbohydrates by 26% and has 33% fewer calories than the average potato. Waxy potatoes are low in starch and high in moisture, and will have a lowered effect on blood

glucose levels. Potatoes allow for a great line of immune defenses for the body and provide essential elements for fuel and energy the body needs.

Alternative Health Snack. The most widely recognized form of potato that has beneficial applications towards immune health is the sweet potato. Sweet potatoes are a great source of vitamin A, which is important for skin health. Healthy skin leads to stronger barrier against pathogens, as skin is the first defense of the immune system. Foods such as sweet potatoes allow for the abundance of beta-carotene to be quickly transformed into vitamin A, which is used by the body in order to provide a healthy immune barrier. Potatoes are incredibly rich in Vitamin C. A medium sized potato, including the skin, can provide about half of the recommended daily value. Potatoes also contain kukoamines, which are found to lower blood pressure.

Potatoes are also a great source of the B vitamins, which strengthen the arteries. Homocysteine, a molecule involved in inflammation of the arteries, is reduced when the body is introduced to Vitamin B6 from potatoes. Essentially, potatoes lower the risk of heart attack and stroke. Potatoes provide the body with 12% of its daily fiber needs, allowing for regular bowel movements and helping to prevent colon cancer. Potatoes should be stored in a cool, room temperature area. Extended shelf life can be accomplished by placing the unwashed potatoes in perforated bags that are out of light, as dampness promotes early spoilage. Preparing potatoes includes gently scrubbing them under water; be sure to preserve the skin, as many nutrients are derived from it.

Sea Vegetables

Kelp

Most Loved Sea Vegetable. Kelp is one of the most well known sea vegetables, and has widespread medical uses. Other sea veggies include kombo, nori, and hijiki. One of the best reasons to eat these foods is that in countries where people eat them regularly, there are much lower incidences of diseases such as cancer and heart disease²⁴. Kelp is seaweed that is rich in B vitamins, iodine, calcium, amino acids, and potassium. Kelp can be bought in supplements and powders in addition to its natural form, though the least processed version of any food is usually best. Part of why kelp has so many nutrients is because it grows in shallow water, where it receives a lot of sunlight, and the faster water current brings it many minerals and nutrients.

Healthy and Functional Thyroid. Kelp is good alternative to milk in terms of calcium content; it contains ten times as much as milk does, and it lacks the hormones and preservatives that milk often contains. It also has 16 kinds of amino acids, which may make it a good substitute for red meat, without the hormones and saturated fat. Kelp has a high antioxidant content, allowing it to protect cells from free radical damage and help prevent cancer and other diseases. It can also reduce inflammation, hydrate the body, regulate thyroid function, and reduce the symptoms of aging. It regulates thyroid function with its high iodine content, and can even stimulate metabolism for those who are overweight but not diagnosed with a thyroid disease. Iodine is also useful for certain immune functions, and is necessary for immune system health.

Women's Food Companion. One of the most unique observations about kelp is that it has been shown to induce cell death in lymphoma cells, and prevent the development of skin cancer. It has also been linked to lower rates of endometrial, breast, ovarian, and colon cancers in areas of the world where it is consumed daily, such as Japan. Kelp consumption has been shown to slow declines in memory function. This can mean reducing memory loss and other natural mental declines that come with aging, or helping prevent certain symptoms of neurodegenerative disorders, such as Alzheimer's disease. In dementia patients, it has been shown to reduce the rate of memory loss and improve behavioral symptoms.

Squash

Vegetable for Bright Eyes. Types of squash include butternut, summer, winter, pumpkin, and more. Each variety is different, but they all contain lots of vitamins, minerals, and antioxidants. Butternut Squash has plenty of fiber, and 1 cup of it contains 33% daily value of vitamin C. It contains all five kinds of B vitamins, which is not a common finding in foods. Butternut Squash helps lower and regulate blood sugar, and is boosts heart health. It also has a lot of Vitamin A, which benefits eye health and can help prevent diseases like cataracts. Reducing inflammation is another function of this food, and that can mean preventing arthritis, asthma, and constipation! Butternut Squash is fantastic at protecting against heart disease due to its carotenoid content. It also promotes easy joint movement and efficient lung function.

Vitamin B's in Veggies. Pumpkin Squash contains high concentrations of Vitamins B1, B3, B5, B6, A, and C, as well as iron, calcium, potassium, and more. It

comes in many colors and has edible seeds. The Vitamin A helps prevent inflammation, especially of the lungs and overall cardiovascular system. Pumpkin Squash can help protect blood vessels, and reduce the risk of certain cancers, especially colon cancer. Its Vitamin C boosts immunity by protecting the body from colds and flus, among other common ailments. It also contains fiber, which is good for digestive health. People who ate colorful Pumpkin Squash (containing lots of zeaxanthin and lutein) regularly had up to an 18% decrease in risk for cataracts²⁵.

Nutrients in Yellow Veggie. Winter Squash is a particularly sweet variety, containing Vitamins B, A, and C, potassium, iron, fiber, and more. A serving contains 35% daily value of Vitamin C, and it often has at least a few grams of fiber, which promotes digestion and can reduce inflammation. It can help prevent heart disease, cataracts, cancer, emphysema, and plenty other diseases. Winter Squash is particularly rich in beta-carotene, which is important for eye health and preventing eye diseases. This super food is also useful for reducing blood pressure in hypertension patients. Overall, squash can be incorporated into many meals, and is a great, filling source of many vitamins and antioxidants. They come in many shapes, colors, and sizes, so shopping for squash can be a fun experience.

Tomato

Cancer Reducer Fruit. Tomatoes are one of the most widely used and versatile super foods. They can be eaten raw, cooked, in sauce, on sandwiches, in soups, in salads, and they can taste sweet or hearty. A medium tomato contains 20% daily value of Vitamin A and 40% daily value of Vitamin C, as well as Vitamin K, iron, calcium, fiber, and sodium. Tomatoes contain many antioxidants, and so help protect the body from free radical damage. They have been linked especially to the reduction in risk for lung cancer, prostate cancer, and stomach cancer. Unlike many fruits and veggies, some of tomatoes' properties are enhanced with cooking, such as its concentration of lycopene, which may help prevent cancers.

Food for Happy Hearts. The risk of cardiovascular issues such as atherosclerosis and heart disease is reduced with tomato consumption. One study found that women who ate seven to ten servings of tomato per week had an up to 29% lower risk of cardiovascular diseases²⁶. It has been shown that combining tomatoes with olive oil enhances the beneficial effects of tomatoes. This applies to oils and fats in general, but olive oil is a particularly healthy option for this purpose. The anti-inflammatory

properties of tomatoes have been shown to reduce blood clots, arthritis, and osteoporosis. Foods with anti-inflammatory properties are also useful in treating chronic pain! Loading up on foods like this is a great alternative to traditional pain medications, which can come with harsh side effects. The beta-carotene and lycopene are great for the skin, protecting it against sun damage and making it less prone to wrinkle formation.

Vitamins for Your Eye. Tomatoes also contain chromium, which is part of why they are useful in blood sugar regulation. Their high Vitamin A content improves vision and reduces the risk for eye diseases, such as cataracts and macular degeneration. It also improves your ability to see in the dark by allowing the retina cells to function better. Tomatoes' combination of calcium and Vitamin K enhances bone health, and can help ward off osteoporosis. One last great immune benefit of tomatoes is the reduction of gallstones and kidney stones. Because tomatoes are low in calories and sugars, they are a great option for people trying to lose body fat yet still gain health benefits from eating well. There are many benefits to eating tomatoes in all of the available forms, so feel free to cook them into pasta sauce or eat them raw on a salad.

Soy

High Dietary Fiber Source. The traditional food usages of soybeans include tofu, soymilk, and soy sauce. The United States stands as the main growers of soybeans in the world. Soybeans are known for their high natural source of dietary fibers. There are three main types of soybeans including edamame, fresh mature soybeans, and dried soybeans. Soybeans, primarily harvested for dietary peptides, have an incredibly beneficial effect on the immune system. Through scientific research, it was found that specific soybean peptides have the ability to regulate the immune system of the body, along with neurotransmitters and overall brain function. These bioactive peptides have also been shown to provide potential beneficial effects on diabetes, obesity, and serum fats.

Tumor Fighter Beans. Recently, research as also found that soybeans contain isoflavones, a phytochemical that acts as an antioxidant. Isoflavones can also halt the development of tumors in the body. Lecithin, used in pharmaceuticals as a protective coating and a natural emulsifier and lubricant, has also been extracted form the oils of soybeans. A natural source of Vitamin E can also be recovered from soybeans, which are also known for antioxidant activity. Soy beans have also shown affects against osteoporosis, although Vitamin C should be taken with soybeans in order to increase

absorption of iron. Soybeans have also been shown to lower amounts of LDL, which is the bad form of cholesterol.

The specific quality of soybeans one should search for is firmness in the pods that lack discoloration and are not mushy or withered. Dried soybeans can be kept in a container for about a year. Edamame is generally refrigerated and should be used within two days. If frozen, the edamame can last for many months. When preparing edamame, it is important to boil in salted water, or steamed for approximately 10 to 15 minutes. Edamame can be served as an appetizer. Mature soybeans should be boiled until tender, and can be seasoned with other ingredients to add flavor. Dried soybeans generally should cook overnight and require about three hours to become tender.

Nuts and Seeds

Crunchy, Healthful Foods. Nuts and seeds contain healthy fats, vitamins, minerals, fiber, and protein. Some common varieties of nuts and seeds are walnuts, pecans, almonds, pistachios, Brazil nuts, hemp seeds, sesame seeds, chia seeds, sunflower seeds, and pumpkin seeds. These super foods contain unsaturated fats, which are the good kind and are necessary for bodily functions. They are used for structural purposes within each individual cell, and reduce inflammation. Saturated fats, on the other hand, trigger inflammation and should generally be avoided. One study found that people who ate nuts five times per week had a 35% lower risk of heart disease²⁷. Fiber is another main component of these foods; it gives you a full feeling and slows down digestion, which means that the body can absorb more nutrients from food. Fiber also functions to reduce cholesterol.

Power Nutrients in the Seeds. Zinc, calcium, phosphorus, iron, and magnesium are some of the most prominent minerals in nuts and seeds. Magnesium intake has been linked to significant reductions in inflammation. Inflammation can cause asthma, arthritis, heart disease, diabetes, and more, so consuming foods that reduce this problem are great for boosting immune function. Calcium is needed for bone health and for cell communication processes. Nuts and seeds should be eaten raw, because cooking them almost always destroys the beneficial components of them. Eating them whole, ground up, mixed into foods, or in smoothies are popular methods. As long as they haven't been exposed to heat, they should contain all of their nutrients. Pumpkin seeds contain a lot of protein for a plant-based food, coming in at 54% of daily value for 100 grams. They have many vitamins and minerals, and have been shown to combat depression.

Need Omega 3 Resource? Out of all seeds, Chia Seeds have one of the highest amounts of omega 3 fatty acids. They also have fiber, protein, and antioxidants, and are gluten free. They are helpful for reducing the risk of heart disease, diabetes, blood vessel diseases, and other cardiovascular issues. They have ten times more fiber than rice, six times more calcium than milk, and 7 times more Vitamin C than oranges. They have anti-inflammatory properties and are great for heart health, and have been linked to improved brain function, including reductions in depression. Hemp seeds are a great alternative to red meat because they contain *all 20* amino acids, and also contain protein. They are amazing at boosting immune system function, and they have tons of antioxidants. Sunflower seeds have been shown to ease the symptoms of high blood pressure, migraines, heart attacks, and inflammatory issues like asthma.

Whole Grains

Energy Giving Foods Whole grains contain many vitamins and minerals, and some even contain antioxidants that fruits and vegetables don't offer. Some common examples of whole grains are quinoa, barley, rye, wheat, oats, and more. Whole grains are much healthier than processed grains, such as white bread, because they retain all of the nutrients, vitamins, and antioxidants, as well as plenty of fiber. Eating whole grains regularly is linked to lower Body Mass Index and lower rates of obesity, and it is also linked to lower cholesterol. Eating three servings of grains every day has been shown to reduce the risk of stroke up 37%, of heart disease by up to 36%, and of Type II Diabetes by up to 27%²⁹. Whole grains have also been shown to reduce the risk of various types of cancers, especially hormonal ones like breast cancer.

Barley

Fibers in the Grains. One commonly used whole grain is barley. It contains soluble and insoluble forms of fiber, which are beneficial for digestive health and lowering cholesterol. This is part of what causes the reduction in risk for heart attacks and other cardiovascular diseases. Fiber is also great for making you feel full, and it can reduce appetite while stimulating the metabolism. This in combination with its ability to reduce BMI and obesity makes it a great food for people trying to lose fat. Barley improves immune system function with its Vitamin C, iron, manganese, and other antioxidants, reducing the risk of cold, flu, and other illnesses. Its iron and copper

content allow it to reduce the symptoms of anemia, and its beta-glucan allows it to stabilize blood sugar in diabetic patients.

Quinoa

Your Red Meat Alternative. Quinoa is another popular whole grain; it contains riboflavin, complex carbs, amino acids, vitamins, and fiber. It also has iron, manganese, and magnesium. It is also good for those with diabetes because it contains complex carbohydrates, which are broken down over time and don't cause sudden spikes in blood sugar. It contains all 9 essential amino acids that our bodies can't synthesize, so it's a great alternative to red meat. Quinoa is gluten-free and can make the metabolism more efficient due to its riboflavin content, and it contains about two times as much fiber as most other grains do. This relieves constipation, lowers blood sugar and cholesterol levels, and can even reduce blood pressure.

Yogurt

There are a variety of yogurt products offered to consumers that come in different flavors, forms and textures. Generally, they can be categorized as low-fat/nonfat, lite, Swiss/custard, frozen, and active yogurt cultures. Yogurt that is made from whole milk generally has 3.25% milk fat where low-fat yogurt has between 2% and .5% milk fat. Lite yogurt has 50% less fat than regular yogurt and about 1/3 of the calories. Swiss and custards are regarded as blended yogurt, as they have gelatin added in order to provide firmness and stability. Yogurt that contains active cultures of bacteria contains many desirable health benefits. Kefir, also a cultured milk product with a tart or sour taste, is made from bacteria and yeast and can be ingested as a drink.

Probiotics for Immune System. Yogurt, a valuable source of probiotics, can assist in maintenance and boost the body's immune system. Probiotics are living bacteria that can be found in the digestive tract. Kefir is known to have three times the amount of probiotics as yogurt, as it is made by fermenting up to 20 different types of bacteria. Kefir is abundant in protein, as each single serving has about 10.5 grams of this dietary need. 175 grams of kefir provides about 20% of the daily dietary need for calcium, important for the development of bones and teeth. Another health essential provided by the consumption of kefir is the B vitamins, especially B 12, which is important for nerve health and blood. Thiamine, or B1, allows for the ability to withstand stress, and biotin allows for the effective usage of the other B vitamins. These vitamins are found in kefir.

An important mineral that allows for the body to utilize carbohydrates and protein growth for energy and cell growth that is also found in kefir is phosphorous. The benefits of kefir are bountiful.

When purchasing yogurt, it is important to be mindful of the expiration date and choose the one with the furthest date. Yogurt should be immediately stored in the refrigerator following the purchase. Yogurt should be consumed within three days of opening the seal, and should be sealed tightly. Avoid freezing yogurt, as it can affect texture and flavor, although it can be stored for up to a month once it has been frozen.

Green Tea

Got a Cup of Healthy Tea? Green tea differs from black tea in that it is less processed. It is the most “pure” kind of tea that it widely used, and it contains the most antioxidants and other beneficial molecules. This zero calorie drink contains polyphenols, which give it anti-inflammatory properties and help protect cells from cancer-causing chemicals such as cigarette smoke. Green tea does contain caffeine, usually around 30 milligrams per 8oz. For comparison, black tea contains about 50 milligrams per 8oz, and coffee contains about 100 milligrams per 8oz. The caffeine content as well as amount of antioxidants in the drink depends slightly on how you prepare it. It is best to bring water to almost a boil and then insert the tea bag, letting it seep for at least a few minutes. Some people leave it for upwards of 15 minutes, though the recommended time is around three minutes.

Fighting Free Radicals with a Drink. There are countless varieties of green tea to choose from. Plain green tea has a very mild taste, and is often more comparable to water than to black tea. Many types have flavors in the bag, such as chamomile or spearmint. There are teas that will leave you feeling hydrated and awake, and there are teas made to be calming. Green tea is great at protecting your body from free radicals and oxidative damage, and has been linked to a reduced risk of cancer. For those wishing to reap the anti-cancer benefits of green tea, drinking multiple cups per day is the way to go. Green tea can replace some of your daily water intake, and you can add honey or sweetener if you would like to give it more taste.

Green tea has also been linked to a reduced risk of various cardiovascular complications. This includes heart disease, cholesterol, coronary artery disease, and type II diabetes. The most significant results come from the greatest tea intake. Many studies

use ten cups per day as their variable, though that may be a stretch for most people's daily routine. Green tea may also be used for weight loss because it is hydrating, healthy, and can boost the metabolism. Drinking green tea on a regular basis can help promote good eating choices in general. Other effects of green tea on the body include promoting wakefulness and stress and anxiety relief. It is also beneficial for the skin and can even help reduce the risk of cavities.

Raw and Organic Honey

Sweet Benefits for Your Body. Raw, organic honey differs from regular honey in that it still contains bee pollen and other natural components. These components have amino acids, antioxidants, phytonutrients, vitamins, minerals, and even contain anti-bacterial and anti-inflammatory properties. Regular honey is much more processed, and is sometimes more fillers than honey. This can include high fructose corn syrup and other refined sugars that are not so good for your health, and do not provide any benefits like natural honey does. In order to get the most immune boosting benefits out of honey, make sure you buy raw and/or organic kinds. Honey is often used on biscuits or added to tea; drinking green tea with raw honey in it daily is a fantastic way to boost your immune system function.

Honey For Allergy. Unprocessed honey has antibacterial properties, which help the body fight off infections. While it is able to fight off infections of bad bacteria, it also happens to contain good bacteria. These good bacteria promote healthy digestion and reduce inflammation. It is especially good for fighting constipation and indigestion. Its antioxidants allow it to protect the body from free radical damage, helping to reduce the risk of diseases like cancer. Honey can also reduce the rate of buildup of "bad" LDL cholesterol in the arteries. One unique potential function of honey is for fighting allergies. Some people believe that consuming local, raw, and organic honey daily will help build your immunity to allergens in the air due to the pollen content of the honey.

Bid Cold and Flu Away. Eating honey when you have a cold or flu can help reduce symptoms due to its anti-inflammatory and immune boosting properties. Many experts recommend eating honey every day to help reduce the risk of getting these illnesses in the first place. In addition to mixing honey into green tea, it can also be combined with cinnamon, lemon, whole grain bread, black tea, and much more. Honey has antifungal properties in addition to its antibacterial ones, and so it can be used for treating skin conditions like eczema, acne, and psoriasis. It helps if you ingest the honey,

but some people recommend putting raw, organic honey directly onto the affected area of the skin to get the most out of it.

Bell Peppers

Colorful Aides for Weight Loss. Bell peppers come in quite a few colors and flavors, such as green, red, and yellow. They contain Vitamins K, C, E, B, and A, carotenoids, lycopene, phytochemicals, sulfur, beta-carotene, fiber, and more. Some of these are spicy, while some are sweet. They are usually crunchy and colorful, and are used to add flavor to meals. Red peppers are some of the most nutritious, though hot peppers have some unique qualities. Bell peppers in general can be used for weight loss because they boost your metabolism after you eat them, causing your body to burn more calories. Peppers are useful for blocking the harmful effects of airborne pollutants such as second hand smoke, and they help to prevent cancer from developing due to their antioxidants.

Evading Macular Degeneration. This category of super food has a variety of functions, depending on what exactly is in each pepper. They often contain an enzyme called lutein, which is useful for improving eye health and reducing the risk of eye diseases, such as macular degeneration and cataracts. Peppers contain phytochemicals, but the type and amount differs based on the pepper. Phytochemicals are useful for combating disease and strengthening the immune system. As always, it's better to have a variety of different options in your diet in order to get the entire range of beneficial components. Bell peppers also contain Lycopene, which has been shown to help reduce the risk of certain cancers, in addition to the general antioxidant content of this food. Red peppers have the highest concentration of Vitamin C, which is good for skin health, among other things.

Spicy Peppers

Spicy Fat Burners. Spicy peppers have a lot of added benefits over regular peppers. They contain capsaicin, which is an immunity-boosting compound that can also burn fat cells and reduce cholesterol. Spicy peppers have antibacterial and anti-inflammatory effects, which allow them to be an effective tool to prevent stomach ulcers from developing. Hot peppers have also been shown to help control diabetes, and even function in mild pain relief. The best way to prepare bell peppers is to cook them slightly so that they retain the maximum amount of nutrients. Eating them raw is another great

option. They are low in calories and can be used in a wide variety of dishes, such as soups, salads, and casseroles. Dipping sliced peppers in hummus or salad dressing is another method, and they can also be chopped up and cooked into pasta sauce.

Kiwis

Small Heart-friendly Food. Kiwi is a small, nutrient-dense fruit that can be sweet or tart, depending on ripeness. It has twice as much Vitamin C as an orange, and is even easier to eat! In addition to Vitamin C, these fruits contain folate, fiber, carotenoids, polyphenols, potassium, Vitamin A, iron, protein, and more. Kiwis have many health implications, especially for cardiovascular health. They improve blood pressure, blood sugar, and cholesterol levels. They reduce the risk of heart disease, and are also good for the blood vessels. Kiwis have quite a few other uses, such as for constipation, kidney stone prevention, healthy skin, and weight loss. It may even lead to more efficient sleeping patterns. One of this super food's best accomplishments is protecting the DNA from damage.

Help for Asthmatic Patients. This super food contains tons of antioxidants that help protect your cells from oxidative damage and reduce the risk of cancer. It is also helpful for digestion because it contains enzymes like actinidain, and insoluble fiber which prevents constipation. Eating kiwis is beneficial for the hair, skin, and nails due to its Vitamin E content, and it is also great for the eyes. It promotes eye health with its Vitamin C and other molecules such as lutein. This includes reducing the risk of eye diseases like cataracts and macular degeneration, and even possibly diabetic retinopathy. Kiwi consumption has been linked to a reduction in asthma symptoms, and is also able to reduce the risk of blood clots. This effect is a mild version of what Aspirin does, yet it comes with no side effects or liver damage like medications do.

Man's DNA Protector. The fact that this food helps stimulate digestion makes it a good option if you are feeling bloated. One of this super food's best accomplishments is protecting the DNA from damage. This is due to many of its components, such as carotenoids and polyphenols. A kiwi has about the same amount of potassium as a banana in addition to its Vitamin C being twice as much as an orange, and it comes in at only about 50 calories. They can be put into smoothies or eaten by themselves. If they are ripe (slightly soft), they are very sweet. If you prefer tart fruits like blackberries, you can eat kiwi when they are slightly under-ripened. The more kiwi you eat, the more benefits you will receive from its amazing properties.

CONCLUSION

.....

It is crucial that people realize the abilities of these immunity-boosting foods. These are natural things that are much more pure than a lot of what we consider to be “food” nowadays. Each of these foods has something in common: they contain antioxidants, vitamins, and minerals. These fantastic components are not present in all foods, so it is important to take note of which ones do.

There is such a massive variety in these super foods, and it is very possible for every single person to consume a least a few of them every day. The rates of diseases would be so much lower if people were aware of the healing effects that natural foods have. For those who may be hesitant because processed food tastes so good, know that this is only so because it is what you are used to. If you consumed natural, raw foods every day, you would quickly become accustomed to their taste and learn to love them even more.

The fact that simply changing what we eat could change the course of our entire lives is an amazing concept. If society as a whole began to incorporate these immunity-boosting foods into our diets regularly, we could drastically reduce the prevalence of heart disease, cancer, diabetes, high blood pressure, high cholesterol, and so many more illnesses. Teaching our children to love healthy foods will allow them to live happier, longer lives, and have less reliance on medications such as antibiotics. When a mother has a strong immune system, a lot of that is passed on to her children. Eliminating harmful processed foods from our diets and introducing a variety of the aforementioned every day would be one of the best decisions a person could make for their health. These foods are not expensive, and the health benefits are well worth the lifestyle change.