

# Superior Health with Superfoods!

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**Just as eating healthy food is important to us, and taking good supplements like vitamins, minerals, herbs, essential oils, eating good SUPERFOOD is also now essential for our continued health and vitality.**

**Many of the foods we eat are commercially grown and contain only a fraction of the minerals and nutrients that our foods did 50 years ago. Are YOU getting everything to help your body reverse the aging process, help eliminate toxins, reduce inflammation, nourish your organs and glands?**

**Consider adding some of these yummy Superfoods to your diet on a daily basis to increase your energy and vitality!**

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## CHLORELLA AND SPIRULINA

Both chlorella and spirulina are microscopic plants rich in chlorophyll that grow in fresh water. They're actually called **micro-algae**, since they are microscopic forms of algae. They contain an astounding array of nutritional elements: vitamins, macro-minerals, trace minerals, essential fatty acids, protein, nucleic acids (RNA and DNA), chlorophyll, and a vast spectrum of phytochemicals. They are thought to contain every nutrient required by the human body. Yes, you could literally live off these micro-algae. You wouldn't need to eat much, either, since they are so nutritionally dense.



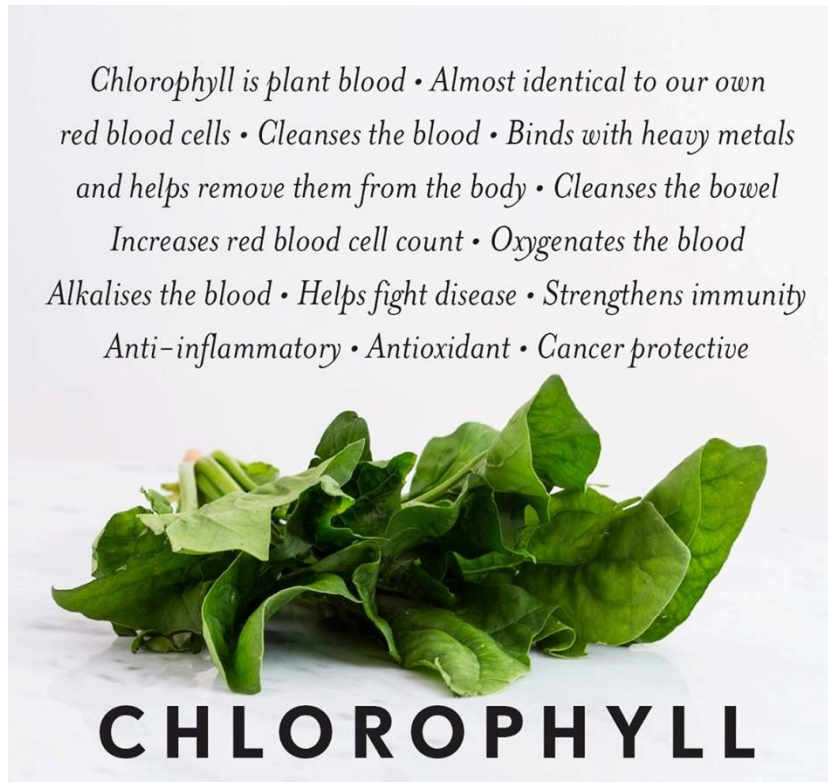
For example, did you know that, ounce per ounce, spirulina contains twelve times the digestible protein of beef? It's a far better protein than beef, and it contains a much healthier mineral balance (such as magnesium) that just isn't found in beef.

Did you know that a phytochemical found in chlorella can actually rebuild nerve damage in the brain and nervous system? That's why chlorella is

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being used in the recovery of patients with Alzheimer's and Parkinson's disease.

Were you aware that both chlorella and spirulina can actually reverse cancer in the human body? Both of these superfoods have been clinically shown to demonstrate stunning preventive and curative properties when it comes to all sorts of cancers.



And finally, did you know that these superfoods also contain a high content of essential fatty acids such as GLA that are routinely missing from the diets of most Americans and yet are critical for healthy brain function?

These foods are so packed with healing properties that if pharmaceutical companies could patent them and sell them as drugs, they would cost \$100 a gram and be front page news all over the world. Their ability to halt cancers would be heralded as a “medical breakthrough” and doctors everywhere would be urged to prescribe these substances to every one of their patients. It would be nothing less than a blockbuster, multi billion dollar pharmaceutical achievement.

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But it isn't a drug, it isn't manufactured in a drug lab, and it doesn't cost \$100 a gram. In fact, it costs around 11 cents a gram from the sources I mention in this report, and nature makes it for free. **(My favorite is 'King Chlorella - Cracked Cell' )**

**What can these two superfoods really do for your health?** They offer a stunning array of health benefits.

Chlorella and spirulina have been shown to be effective in treating and even reversing the following conditions:

- Cancers (all types)
- Obesity
- Diabetes
- Hypoglycemia
- Arthritis
- Depression
- Severe liver damage and liver disorders
- Intestinal ulcers
- Hemorrhoids
- Asthma
- High blood pressure
- Constipation
- Bleeding gums
- Inflammation of joints and tissues
- Body odor / breath odor
- Infections
- Various degenerative diseases
- Essential fatty acid deficiencies
- Mineral deficiencies (a common deficiency)

## CHIA SEEDS

Chia Seeds Deliver a Massive Amount of Nutrients With Very Few Calories. Chia seeds are tiny black seeds from the plant *Salvia Hispanica*, related to the mint.

A 1 ounce (28 grams) serving of chia seeds contains:

Fiber: 11 grams.

Protein: 4 grams.

Fat: 9 grams (5 of which are Omega-3s).

Calcium: 18% of the RDA.

Manganese: 30% of the RDA.

Magnesium: 30% of the RDA.

Phosphorus: 27% of the RDA.

They also contain a decent amount of Zinc, Vitamin B3 (Niacin), Potassium, Vitamin B1 (Thiamine) and Vitamin B2. This is particularly impressive when you consider that this is just a single ounce, which supplies only 137 calories and one gram of digestible carbohydrate!

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Chia Seeds are LOADED with antioxidants! Most importantly, antioxidants fight the production of free radicals, which can damage molecules in cells and contribute to aging and diseases like cancer. They also will amp up your energy! (Avoid at night)

Almost All The Carbs in Them Are Fiber. Looking at the nutrition profile of chia seeds, you see that an ounce has 12 grams of “carbohydrate.” However... 11 of those grams are fiber, which isn’t digested by the body. Fiber doesn’t raise blood sugar, doesn’t require insulin to be disposed of and therefore shouldn’t count as a carb.

Chia seeds contain a decent amount of protein. By weight, they are about 14% protein, which is very high compared to most plants. They also contain a good balance of essential amino acids, so our bodies can use of the protein in them. Due to The High Fiber and Protein Content, Chia Seeds Should be Able to Help You Lose Weight.

Like flax seeds, chia seeds are very high in Omega-3 fatty acids. Chia Seeds May Improve Certain Blood Markers, Which Should Lower The Risk of Heart Disease and Type 2 Diabetes. Given that chia seeds are high in fiber, protein and Omega-3s, they should be able to improve metabolic health.

Chia seeds are high in several nutrients that are important for bone health. This includes calcium, phosphorus, magnesium and protein. The calcium content is particularly impressive... 18% of the RDA in a single ounce.

**Gram for gram, this is higher in calcium than most dairy products.**

The most successful application of chia seeds to date was in a study on type 2 diabetic patients. In this study, 20 diabetic patients received either 37 grams of chia seeds, or 37 grams of wheat bran, for 12 weeks (27). When they got the chia seeds, they saw improvements in several important health markers. Blood pressure went down by 3-6 mm/Hg and an inflammatory marker called hs-CRP went down by 40%. A risk factor called vWF also decreased by 21%.

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Chia seeds are incredibly easy to incorporate into your diet. The seeds themselves taste rather bland, so you can add them to pretty much anything. They also don't need to be ground like flax seeds, which makes them much easier to prepare. They can be eaten raw, soaked in juice, added to porridges and puddings, or added to baked goods. You can also sprinkle them on top of cereal, yogurt, vegetables or rice dishes.

Because of their ability to absorb water and fat, they can be used to thicken sauces and even used as egg substitutes in recipes. They can also be mixed with water and turned into a gel. Adding chia seeds to recipes will dramatically boost the nutritional value.



## HEMP HEARTS

Hemp hearts (also known as “shelled hemp seeds” or “shelled hempseed”) are a rich source of nutrition, putting them in the “superfoods” category. Hemp hearts typically contain 33 percent protein, 9 percent omega-3 essential fatty acids, and are an excellent source of iron, vitamin E and GLA (gamma-linolenic acid), an Omega-6 fatty acid.

Omega fatty acids are essential because human bodies cannot make them on their own, which means we need to get these good fats from our diet. Omega-3 fatty acids are particularly beneficial to the brain, skin, joints and heart and Omega-6, such as GLA, is important to hair, skin and bone health; and regulates metabolism and the reproductive system.

The protein profile in hemp hearts makes them one of the densest sources of plant protein, which can be of significant benefit to vegetarians, athletes and anyone looking to add a healthy source of protein to their diet.

The hemp heart is a tasty and versatile food with a light and nutty flavor. Try adding to both hot and cold cereals, blending into your favorite smoothies, sprinkle on top of salads, soups, and even ice cream, and add hemp hearts to baked goods for a nutritious and nutty boost.

## NUTRITIONAL YEAST

A nutritional dynamo, packed with benefits! Sprinkle it over foods for a nutty, almost cheesy, flavor. Here are a few more reasons why this adds a magical flourish to your cooking:

1. It's a vegetarian source of Vitamin B-12.

This is a crucial nutrient for the body involved in the production of red blood cells and for producing and maintaining myelin, the protective insulation around your nerves. Most sources of Vitamin B-12 are animal based, so nutritional yeast is a major player in the nutritional wellbeing of vegans and vegetarians. One tablespoon will provide an adult with a full day's supply of B-12. (Assuming you can keep the tastiness to just that!)

2. It's high in protein. 2 tablespoons of hippie dust contain 9 grams of protein. That's more than in 1 cup of whole milk (8g), a large egg (6g), or one oz. of beef (7g). It's a wonderful source of energy for your workout mornings.

3. It's high in fiber. Fiber is one of my personal favorites in terms of gut health and functional **digestion**. It also helps our systems regulate blood sugar giving us a more sustainable, even store of energy throughout our days and at higher levels.

Nutritional yeast provides 3 grams of fiber per tiny serving.

4. It's gluten free. Not only a boon for the vegans out there, but this treat is also gluten free providing all of this power with an anti-inflammatory ease.

5. It's a great source of folic acid. Especially important for women out there trying to get pregnant or carrying future citizens of the planet, folic acid is known to prevent spina bifida and other major birth defects. For those not planning to get pregnant, folic acid is still important for its role in cell maintenance and production.

Here's one of the easiest recipes in the world and it'll wow your dinner guests as well.

- 1 head cauliflower
- 1T olive oil
- 1t black sesame seeds
- 1/4c nutritional yeast

Preheat your oven to 350.

Take all the ingredients and drop them in a mixing bowl. Toss it with your hands until all is coated. Spread on a cooking sheet with parchment paper or foil and cook for about 20-25 minutes. Cauliflower should be a golden light brown. THAT'S IT!





## MULBERRIES

- **Delicious, fleshy, succulent mulberries** are less in calories (just 43 calories per 100g). They compose of health promoting phyto-nutrient compounds like polyphenol pigment antioxidants, minerals, and vitamins that are essential for optimum health.
- **Mulberries have significantly high amounts of phenolic flavonoid phytochemicals called anthocyanins.** Scientific studies have shown that consumption of berries have potential health effects against cancer, aging and neurological diseases, inflammation, diabetes, and bacterial infections.
- **The berries contain resveratrol, another polyphenol flavonoid antioxidant.** Resveratrol protects against stroke risk by altering molecular mechanisms in the blood vessels; reducing their susceptibility to damage through reduced activity of angiotensin (a systemic hormone causing blood vessel constriction that would elevate blood pressure) but potentiating production of the vasodilator hormone, *nitric oxide*.
- **In addition, these berries are an excellent sources of vitamin-C** (36.4 mg per 100, about 61% of RDI), which is also a powerful natural antioxidant. Consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents, counter inflammation and scavenge harmful free radicals.
- **Further, the berries also contain small amounts of vitamin A,** and vitamin E, in addition to the above-mentioned antioxidants. Consumption of mulberry provides another group of health promoting flavonoid polyphenolic antioxidants such as *lutein, zeaxanthin,  $\beta$ -carotene and  $\alpha$ -carotene* in small but notably significant amounts. Altogether, these compounds help act as protect from harmful effects of oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes.
- **Zea-xanthin,** an important dietary carotenoid selectively concentrates into the retinal macula lutea, where it thought to provide antioxidant functions and protects the retina from the harmful ultraviolet rays through light-filtering actions.
- **Mulberries are an excellent source of iron,** which is a rare feature among berries, contain 1.85 mg/100 g of fruits (about 23% of RDI).

Iron, being a component of hemoglobin inside the red blood cells, determines the oxygen-carrying capacity of the blood.

- **They also good source of minerals** like potassium, manganese, and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*.
- **They are rich in B-complex group of vitamins and vitamin K.** Contain very good amounts of vitamin B-6, niacin, riboflavin and folic acid. These vitamins are function as co-factors and help body in the metabolism of carbohydrates, protein, and fats.

### **Other Great Foods to include:**

Coconut Oil

Cacao powder

Fermented foods like Sauerkraut, Kimchi, Kombucha

Ghee (clarified butter)

## Healthy Nutrition Made Easy!

Here's a great list to start using to figure out what you SHOULD be eating on a daily basis, and what you should NOT!

- Unlimited Veggies! Include avocados, dark greens. Organic is best.
- Several servings of Fruit (berries, figs, prunes, watermelon, apricots)
- Eggs, chicken or duck, free-range only!
- Raw nuts or seeds, cooked or sprouted beans in limited quantities.
- Mushrooms, especially shiitake, oyster, maitake, portabella, baby bella.
- Minimal starches, Best = brown rice, quinoa, gluten-free pasta and oats.
- Natural grass-fed beef, bison, free-range chicken or turkey (avoid pork!)
- Fish - Wild, Atlantic, smaller fish are better, limit shellfish and tuna.
- Cheese from grass-fed cows, limited portions. Goat cheese is better.
- Coconut or Almond Milk, unsweetened, organic
- Greek Yogurt, unsweetened is Ok. Kefir is fine.
- Sauerkraut, Kimchi, Pickled Beets or Kombucha (fermented foods)

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- Up to 2 cups daily of tea, or dark roast Yerba Mate (instead of coffee)
- Only use local honey or maple syrup to sweeten.
- Coconut Oil for cooking, Extra-virgin Olive oil for dressings.
- DARK chocolate (70% or higher cacao) small quantities only
- Include dense greens - like blue-green algae, spirulina, chlorella
- Red wine or beer, 1 glass daily
- Miso, Tempeh, Tamari (fermented soy products only)

### Foods to Avoid:

- No refined vegetable oils or canola.
- Avoid Soy and processed soy products, like Tofu, TVP.
- NO MSG, Aspartame, Splenda, or artificial ingredients.
- NO wheat or gluten products
- Processed, packaged or boxed foods
- Avoid cereals, muffins, baked goods, cakes, bagels
- No microwaved food!
- Avoid all sugar. No high fructose corn syrup.
- NO GMO foods!
- Avoid excess alcohol
- Avoid cow's milk, cream, and no pork products.

Bless or appreciate your food. Do not eat when you are angry or upset. Chew thoroughly, until liquid! Savor it. Don't eat too much at any time. Avoid liquids with your meals, Drink water/liquids between meals. Enjoy!

For more info, please visit [www.UltimateHealing.com](http://www.UltimateHealing.com).

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