

# NOURISHEDBOSS.



SUPERFOODS

[KATFEENEY.COM](http://KATFEENEY.COM)

### Why Superfoods?

Increase energy  
Boost metabolism  
Aid in weight loss & detoxification  
Enhance immune function  
Help prevent disease  
Medicinal foods!

### Green superfoods:

Greens are high in chlorophyll. The molecular structure of chlorophyll is similar to human blood - when consumed we see increased production of red blood cells

- Leafy greens - Kale, dandelion greens, spinach, endive, parsley, lettuce, sprouts - Strengthen immune system, improve brain function, kidney cleansers
- Grasses
  - Wheat grass – Gluten Free - super alkalizing, boosts metabolism, assists digestion, promotes weight loss (high in enzymes, cleansing)
  - Barley grass - 11x calcium in milk, 5x iron in spinach, 7x vitamin C & bioflavanoids than orange juice, high in B12, helps detox heavy metals (Hg - mercury), antiviral
- Algae (spirulina & chlorella – alternate between the 2)
  - 1 tsp = Antioxidants in 2-3 servings of vegetables!
  - Add to smoothie
  - Spirulina – 70% protein, great for everyone!!
  - Chlorella – aids in detoxifying, chelating heavy metals

### Seaweed superfoods:

Most nutritionally dense plants on the planet. They alkalize the body, purify blood

Helps to detoxify heavy metals to be excreted safely

Boosts weight loss, deters cellulite, lymphatic drainage

Highest natural source of iodine - regulates thyroid

- Kelp (sprinkle powder on cooking), Nori (for sushi), or Kombu (w/cooking beans)

### Bee Superfoods:

**Bee Pollen:** Most complete food found in nature and gram for gram has 5-7 times more protein than beef, eggs, cheese. Plus it's easier to digest & absorb!

Prevents seasonal allergies (Hayfever & sinusitis)

Counteracts signs of aging, increases mental & physical capability

**Royal Jelly:** Synthesized from honey & bee pollen

Worlds richest source of B5 - antistress, insomnia & fatigue vitamin!

Source of acetylcholine – for nervous system, enhances ability to think clearly.

### Fruit & Nut superfoods:

- Goji Berries - 18 amino acids, 21 trace minerals, antioxidant. Add to trail mixes, breakfasts, water (for flavour), smoothies, desserts
- Raw Cacao – ORAC 620-955(14x flavanoids in red wine, 21x AO's in Green Tea), high in Magnesium, in 28 grams there is 314% RDA of Iron
  - Commercial chocolate processed in temperatures up to 150C - destroying nutrients
  - Use powder for raw chocolate, desserts, smoothies, breakfasts
  - Use cacao nibs for trail mixes, breakfasts
  - Use cacao butter for raw chocolate, can use on skin too!
- Maca Root - cultivated for 2000 years, used by Inca warriors for strength & endurance, also promotes sexual desire, supports fertility and enhances immune system, still used widely in Peru as food & medicine
  - Use 1 tbsp/day in smoothies, raw chocolate
- Brazil Nuts - one of the highest food sources of selenium, selenium has anticancer properties (4 Brazil nuts/day)
- Almonds - high in manganese, good for joints & knees, also high in healthy fats - can curb appetite. Remember, all almonds from California are now being irradiated even organic (nu roots Almonds come from Spain – non irradiated)
- Cashews - high in tryptophan - converts to serotonin (happy neurotransmitter - good for depression), then to melatonin (helps sleep)
- Chia seeds - high energy endurance food used by Aztecs, source of water soluble fibre (good for lowering cholesterol), source of omega 3 fatty acids
  - Combine with flax seeds start with 1 tsp and work your way up to 2 tbsp/day
- Flax seeds - one of highest plant source of omega 3's, great source of mucilage fibre, nutrients are best absorbed when freshly ground right before consumption
  - Start with 1 tsp and work your way up to 2 tbsp/day
- Hemp seeds – high in omega 3's, absorbable source of protein, complete protein, immune enhancing
  - Use on salads (nutty flavour), smoothies, breakfasts, desserts.