

Norris Chiropractic Health & Wellness Center
Dr. John Norris Jr.
1205 Vermont Street Quincy, IL 62301
Toll free: 1-877-230-6900 Tel: 217-224-6900
Fax: 217-224-6992

10 Super Foods to Eat Right Now

It's never too early to make your New Year's resolution especially when it comes to safeguarding your health. Good food is the foundation of good health, and as volumes of studies have demonstrated, fruits, vegetables, whole grain, nuts and legumes (beans) are rich in the phytochemicals that can ward off such modern day ills as heart disease, cancer and osteoporosis. The following 11 super foods are among the most dynamic (the delicious) disease fighters you'll find in your supermarket. Make including these foods in your diet a high priority for 2007 and the rest of your life.

1 Collard Greens - Dark green leafy vegetables, like broccoli, have become supermarket stars because they are a rich source of the nutrients that have been shown to suppress the growth of cancer cells. Also, these vegetables have a mother load of Calcium too. It's never been more important for women to consume more calcium. The National health and Nutrition Examination survey of American's eating habits found that while the recommended daily allowance (RDA) for calcium is 1000 to 1200 milligrams (mg) for women. Where most women only get 668 mg a day. Plant based calcium is not only better absorbed by the body than the calcium found in dairy products, but it doesn't have the saturated fat, cholesterol and harmful additives found in milk, yogurt and cheese. Of the calcium rich dark vegetables are kale, broccoli, beets, and turnips. Also, collard greens are the powerhouse with 145 mg in a half a cup.

2 Garlic - There just doesn't seem to be any down side to eating a few cloves of garlic (raw or cooked) each day. Along with its cousins the shallot, onion and leek, garlic has many benefits. "Garlic is a wonderful herb with an abundance of useful properties," says Scott Koltes, M.V.A., D.C. This aromatic herb is a wide spectrum antibiotic that works against parasitic, bacteria and fungus, including the die-hard candida albicans, which causes persistent yeast infections. Plus, it regulates cholesterol and blood pressure levels to prevent heart disease and stroke. "Its antibiotic, cardiovascular and anti-tumor effects are pronounced. If there was a magic bullet, garlic would be a strong contender for it," says Scott Koltes, M.M.V.A., D.C.

3 Wheat Grass Juice -“We consider Wheat Grass Juice to be one of the most perfect foods . It offers the most vitamins and minerals that a food can have. Wheat grass juice is, in fact, one of the most nutritionally dense foods available to us . It’s very full of oxygen to help promote optimal cell function . In fact , a single ounce contain the nutrition equivalent of 2 ½ pounds of dark leafy vegetables , in terms of calcium, magnesium, phosphorus , sodium and potassium. It is also the best source of protein (you get 8 out of 10 essential amino acids) of all plants of there. Because of it s powerful and amazing antibiotic agents , immune enhancement, liver function improvement, and suppressing of tumor growth I recommend that you start a t a very low dose so you system doesn’t get shocked. Try a once a day, working up to 2 ounces a day. Wheat grass does have a distinct taste, while not un pleasant; it does take getting used to. Drink it fresh -once juiced, it loses its nutrient .

4 Shiitake Mushroom – In tradition all mushrooms have been used as powerful cancer fighters. And loaded with the anticancer agents lent in an, shiitake are among the favorites. The shiitake is probably one of the top mushrooms in terms of medical properties because they contain the same compounds as garlic, meaning they help fight disease by stimulating the immune system.

5 Flaxseeds and Flaxseed oils - American diet certainly has no shortage of fat . Unfortunately, it’s the wrong type. Our excessive consumption of animal fats has contributed to our nation’s ever -expanding girth and increase in related lifestyle diseases, including heart disease, diabetes, high blood pressure and certain cancers. According to government statistics, half of the adults population is overweight, and our children are tipping the scales as the heaviest generation in American history. I digress . What are largely over looked are the good fats in our diet s today. That group of beneficial omega -3 essential fatty acids are not only required for optimal brain and cell function, they are the building blocks for the hormones that regulate our bodies inflammation system. Increasing our omega 3fats counters the clotting tendency of blood, lower blood pressure, cholesterol levels and reduces the risk for heart attack and stroke. Omega -3’s can also help relieve inflammation related conditions such as migraine headaches and arthritis, which often exacerbated by over consumption of animal products. You can find these in flaxseed, flaxseed oils and deep sea fish sorry you can’t get them in canned tuna, fresh water fish or fish sticks, it has to be deep sea fish like salmon, tuna, shrimp, lobster, orange ruffy just to name a few. If you want some more ideas ask me when you stop in the clinic. Flaxseeds contain a vast amount of omega -3’s. If you plan to use flaxseed oil keep in mind that this oil is very sensitive to heat, so don’t use it for cooking. How to use it is to sprinkle about 2 table spoons on a meal and ea t! Remember it is much better to use whole flaxseeds then it is to use the oil. You ca n buy it at any local grocery store. If you plan to by them you need to grind them up in a coffee grinder or something like that . This is because the outside of the seed you can’t digest, so you need to crush up the outside in order to get to the good stuff inside.

6 Green tea – Low on caffeine and high on cancer fighting. It’s probably one of the hottest antitumor beverages on the market right now. A University of Kansas study found that Green tea was 100 times more effective than n Vitamin C a n d 25 times more potent than Vitamin E in blocking the cell mutation that causes cancer.

7 Seaweed – This family of sea vegetables are extremely high in antioxidant, fiber, magnesium, potassium and iron. They also contain many anti-inflammatory, immune boosting and tumor - suppressing constituents .

8 Black Currents – Although we usually think of citrus fruits as the main source of Vitamin C, black currents contain much more of this vital nutrient . Just one cup has nearly 203 mg of Vitamin C, or about 338 percent of the RDA, compared with about 69mg for a 4 ½ ounce orange. The oil from black current seeds also contains rich stores of omega -3's .

9 Sweet Potatoes – Most of us think about how delicious sweet potatoes are around Thanksgiving, but they really do deserve a steady spot in our diets . Along with other orange, red, and yellow fruits and vegetables. These are all packed with carotoids and vitamin A. These have been found to protect us against carcinogenic and preserve our night vision . Three and a half ounces delivers 12mg Vitamin A.

10 Almonds - These tasty nuts have tremendous health potential . Although they're high in fat (it's the good fat), they're also packed with vitamin and minerals . A cup of Almonds contains as much calcium as a cup of milk, plus 500mg of potassium, 20 grams of fiber (remember you want about 38 grams a fiber on a daily basis to significantly decrease the chance of colon cancer and many other diseases), as well as a host of other nutrients . Even better, almonds are among the richest food source of the antioxidants Vitamin E. One half a cup provides twice the RDA, which not only mops up free radicals but also promotes healthy skin and hair. And a new study from the Health Research and Studies Center has found that almonds are even better than olive oil at lowering artery-clogging Cholesterol.