

Top Superfoods

WAPF Nourishing Traditions

Top 14 according to Sally Fallon-Morrell

<http://traditionalcook.com/foods.shtml>

1. Butter from grass-fed cows (preferably raw)
2. Oysters
3. Liver from grass-fed animals
4. Eggs from grass-fed hens
5. Cod liver oil
6. Fish eggs
7. Whole raw milk from grass-fed animals
8. Bone broth
9. Shrimp
10. Wild salmon
11. Whole yogurt or kefir
12. Beef from grass-fed steers
13. Sauerkraut (homemade)
14. Organic beets (and beet kvass)

Other great superfoods

Acerola and/or Amalaki Powder: Vitamin C

Most important dietary anti-oxidant, bioflavonoids, rutin. Up to 15 grams per day. Danger to kidneys in excess amounts. Amalaki used in Ayurvedic medicine.

Diatomaceous Earth powder (food grade): Provides silica and other trace minerals. Supports collagen and gut health, removes heavy metals, toxins, pesticides, pathogens from body. 1-3 Teaspoons daily, taken between meals. Also a good soil amendment, kills fleas on pets, controls ants.

Bee Pollen: Been used to treat allergies, asthma, menstrual irregularities, constipation, diarrhea, anemia, low energy, cancer, rheumatism, arthritis, and toxic conditions. Russian study of inhabitants of Georgia, where many live to 100 and even some to 150, showed many were beekeepers who often ate raw unprocessed honey. Contains 22 amino acids (eight essential), 27 minerals, vitamins, hormones, fatty acids, and over 5,000 enzymes and coenzymes. Can provoke allergic reactions when taken first time, but subsides with slow and small addition to diet. Avoid bee pollen that has been dried at temps above 130 degrees.

Blue-green algae, Spirulina, Chlorella: Protein, carotenoids, minerals. Does not provide B12 as often claimed. Spirulina easiest to digest and absorb (because of mucopolysaccharides rather than cellulose). Wild blue-green can be toxic under certain conditions and should be freeze-dried.

Bitters: Stimulates bile, increases digestion and improves assimilation of fats. Remedy for queasy stomach. Chinese and Hindu culture value bitters for cleansing, strengthening and healing properties.

Butter, High-Vitamin and High-Vitamin Butter Oil: Deep yellow butter from cows feeding on rapidly growing green grass in spring and fall provide vitamins A, D3 and X-Factor (Vitamin K2, discovered by Dr. Price). Blue Ice recommended!

Cod Liver Oil: Provides, A, D3, eicosapentaenoic acid (EPA), important for prostaglandins (localized tissue hormones), brain and nervous system, visual acuity. Maintenance dose of 10,000 IU of vitamin A and 1000 IU of D3. Combine with source of K2 (high-vitamin butter oil, goose liver, or natto) for maximum benefit. Blue Ice recommended!

Colostrum: First milk of cows after giving birth to new calf. Immune system support.

Evening Primrose, Borage or Black Currant oil: Gamma-linolenic acid (GLA).

Glandular and Organ extracts: Treats same gland or organ in human beings including thyroid, pituitary, liver, thymus, spleen, kidney and eyes. Standard Process through a holistic doctor.

Kelp: Iodine and magnesium, plus other minerals. Thyroid and metabolism support.

Noni Juice: pro-xeronine, contributes to proteins on cellular level.

Wheat Germ Oil: Natural vitamin E

Probiotics: Beneficial intestinal flora. Kefir, yogurt, kombucha, fermented foods.

Nutritional Yeast: B vitamins (except B12), chromium. Glutamic acid helps with alcohol cravings.

Turmeric: anti-cancer properties. Contains Curcumin. Look for fresh root or curry powders.

Mushrooms: absorbs radiation and pulls from body. Be sure to eat mushrooms not grown in radioactive soil! Shitake, lions mane, oysters.

Tuna fish and brazil nuts (soaked for 8 hours): high in selenium. Helps counter mercury and remove from the body.

Garlic and onions: provide sulfur, which helps detoxify the body, along with anti-microbial properties.

Coconut oil: very anti-microbial and provides short and medium chain fats for quick energy. Helps in weight loss too.

Cilantro: helps remove heavy metals.

Green foods in particular, like **kale and broccoli:** good sources of chlorophyll (magnesium), potassium and are anti-cancer foods.