

Super Vitality Foods



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The energy and vitality you enjoy in life comes from both the healthy food and lifestyle choices you make but also from your own unique subtle energy vibration. This vibration, is your energy field or aura that surrounds your body, interpenetrates and vitalises your physical body at energy centres called chakras and flows through nadii and meridian energy channels in your body. Your particular vibration is affected by how you live your life, how you think and how you feel and by how much soul energy emanates from within you.

You can choose to eat foods that are not only high in the nutrients, vitamins and minerals that your body needs to function optimally, but are also high in their own subtle vibration or energy field. Foods with a pure, clear, vibrant subtle energy field enhance your subtle energy and vitality and raise your vibration. You feel energised, clear, lighter and younger when they are part of your daily diet.

Some practical ways to ensure you consume higher vibrational foods and water:

- Drink water that is filtered, contains crystals or has been blessed
- Eat Organic foods especially your fruit and vegetables
- Raw or Whole foods that are not processed have higher vibrational energy
- Vegetarian foods can have a higher vibrational energy
- Blessed food and food made with love has a higher vibrational energy
- Massed produced packaged food has a lower vibrational energy
- Avoid microwaving food as it severely depletes its vibrational energy
- Eat in a relaxed, loving, and safe environment with others
- Add herbs and spices to enhance the vibrational quality of foods

Drinking enough water is crucial as it helps your body to detoxify your energy field. Dehydration depletes vital energy and stresses every cell in your body especially the cells in the organs that detoxify the physical body like the liver, kidneys, digestive system, lungs and lymphatic system. It compromises your immune function and your ability to use many of the nutrients in the food you eat.

Remember when you are thirsty you are already 3-5% dehydrated. When fully hydrated your urine is colourless (apart from first thing in the morning)
So drink plenty of water, herbal teas, and drinks that don't contain caffeine, sugar or alcohol. Avoid highly salted foods and adding extra salt to cooking.

Alcohol not only dehydrates your body but it also leaches magnesium from your cells and interferes with the function of the B vitamins. Magnesium and the B Vitamins are involved in numerous reactions in the body many to do with the metabolism of carbohydrates and fats and the production of energy in our cells and so getting all eight B vitamins together and enough magnesium is crucial for our energy levels and how good we feel. Alcohol interferes with your carbohydrate and fat metabolism and so depletes your energy levels.
Caffeine dehydrates your body and mimics the effects of stress. It depletes your body of calcium, iron and magnesium and contributes to feelings of tiredness, irritability and

restlessness. Try dandelion coffee as an alternative that supports and nourishes the liver.

The cell membrane of every cell in our body is made up of essential fatty acids. If our diet is low in these omega 3 or omega 6 fatty acids and too high in saturated fats then the cell membrane also becomes too high in saturated fats and this affects the cells ability to absorb nutrients, vitamins and minerals, to eliminate waste products and toxins and to maintain good health. Our intake of essential fatty acids has decreased by 80% as we have responded to the message to reduce our fat intake.
We have cut down on the healthy fats in oils, nuts, seeds, oily fish and avocados.
Research has linked low efa intakes with poor concentration and hyperactivity in children. Low intakes contribute to many inflammatory diseases such as eczema, asthma, arthritis and can cause under functioning of the thyroid gland, lowering our metabolic rate contributing to weight gain and lethargy. It contributes to pmt and hormone imbalance.

It is now known that our body cells absorb light that affects our vitality. This is why we feel energised by the sunshine and need natural light to feel well. When the cell membrane is rich in essential fatty acids we can do this more efficiently. A diet high in saturated or trans fatty acids (found in commercially fried foods and baked goods made with shortening or partially hydrogenated vegetable oils or margarine) creates a dense cell membrane that doesn't absorb light creating acidity in the body and its associated fatigue.

When foods are metabolised the end products are either acidic or alkaline. Your body cells function ideally in an alkaline environment and acids are harder for the body to eliminate. Foods that contribute to acidity in the body depress our energy.

Refined Sugar causes an increase in the acidity of the body. It depresses the immune function and contributes to body fat gain, dehydration and causes especially magnesium and potassium loss. Read the labels, many processed foods are high in sugar and it is often hidden. Words that end in "ose" are always a type of sugar. Although fructose is the sugar naturally found in fruit.

Anti-inflammatory foods reduce inflammation in the body which is now believed to be significantly involved in many health problems including heart disease, cancer and arthritis, allergies, autoimmune diseases and many digestive complaints and overall lethargy.

Antioxidant foods remove excess oxygen that when combined with certain substances in the body causes free radical damage to cells that is linked to the ageing process, and believed to be involved in heart disease and cancer



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Including the following in your diet can enhance your natural health and therefore your vitality levels

Fresh **lemon or cider vinegar** in water alkalise and detox your body. Try half a lemon squeezed into hot water in the mornings. Try adding fresh ginger and/or turmeric. Hot water mixed with a teaspoon of both cider vinegar and honey is a healthy drink that alkalises the body and boosts energy levels.

Raw unsalted almonds alkalise your body and are full of nutrients including magnesium and calcium, healthy fats, fibre, protein, and vitamin E. They lower blood sugar and cholesterol levels, and reduce blood pressure. They can also reduce hunger and promote weight loss. Drink almond milk or include almonds as a snack, in salads, and with breakfast cereals. All nuts provide healthy fats and have many added health benefits, for example; a handful of **cashew nuts** per day has been reported to be as effective as Prozac in lifting depression, with fewer side effects.

Chia seeds are a good source of omega-3 fatty acids, Vitamins A, D, E and the B Vitamins, fibre, antioxidants, iron, zinc magnesium and calcium. They enhance energy, lower cholesterol and moderate food cravings and blood sugar levels. They contain tryptophan enhancing mood and promoting good sleep. Wonderful added to smoothies, cereals, salads. Soaking can enhance benefits.

Blueberries are natures wonder food. They are powerful anti-inflammatories, antioxidants, brain boosters, they promote heart and bone health, healthy cholesterol, blood pressure and blood sugar levels. They contain high levels of potassium and vitamin C and are powerful in cancer prevention. Add them to smoothies fresh or frozen out of season, to breakfast cereals and in fruit salads.

Organic Barley Grass or Wheat grass powder is loaded with vitamins and minerals, are anti-inflammatory and enhance energy levels significantly. Best added to fruit juice or smoothies.

Avocado's contain over twenty vitamins and minerals and are a great source of healthy fats. They are excellent for heart and skin health, have powerful anti-oxidant and anti-inflammatory properties and implicated in cancer prevention. Enjoy them on their own with a little sea salt and pepper, or vinaigrette dressing, in salads, smoothies or guacamole.

Goji berries contain antioxidants, they boost the immune system and brain activity, protect against heart disease and cancer, and improve life expectancy. Goji berries contain vitamin C, vitamin B2, vitamin A, iron, selenium and enhance your energy. Use them like you would raisins as a snack, in muesli, smoothies, salads or baking.

Walnuts contain a number of neuroprotective compounds, including vitamin E, folate, melatonin, omega-3 fats, and antioxidants. They contain essential healthy fats that reduce cholesterol and are anti-inflammatory. Eat as a snack or mix with other seeds such as sunflower and pumpkin seeds and sprinkle in salads, over breakfast or add to desserts with fruit and yoghurt or ice cream.

Green tea is high in antioxidants, good for the heart and brain, protective against cancer and can reverse some of the effects of high fat diet. **Herbal teas** have many profound health benefits and work powerfully on our energy vibration. Camomile is particularly good for calming the body and mind, aiding sleep and Peppermint is restorative and calming for the gut. Liquorice tea in moderation supports the adrenal glands.

Kale is one of the most nutritionally dense foods on the planet, a powerful antioxidant, strongly protective against heart disease, cancer and eye disease. It has so many benefits it is truly a super food. But it is quite bitter in taste so difficult to disguise.
You can add it to smoothies or soups, or try drizzling some extra virgin olive oil or avocado oil on your kale, add some salt and then bake in an oven until dry.

I find my kids are not keen on kale so I often use **spinach leaves** instead which have a milder flavour and almost as many health benefits but can be eaten wilted with butter and a little sea salt or added to salads. All dark green leafy vegetables are rich in many vitamins and minerals that we need daily.

Garlic has many medicinal properties that particularly benefit the immune system and the health of the gut. It is strongly antioxidant, good for lowering cholesterol and heart health, protecting against cancer, and moderating blood sugar and blood pressure levels. It helps to maintain a healthy weight and may prevent the gain of fat cells.
Eat it cooked; eat it raw so long as you eat it regularly.

Turmeric is a well-researched super vitality food that has a powerful anti-inflammatory effect in the body. It has all of the benefits of garlic.
Add to your rice, pasta, curries, and casseroles.

Beetroot is a good source of iron and folate. It also contains nitrates, betaine, magnesium and other antioxidants. More recent health claims suggest beetroot can help lower blood pressure, boost exercise performance and energy levels and prevent dementia. It can be cooked and served like potato with sour cream and chives or added to smoothies or pickled. A salad of grated beetroot, carrot and apple is delicious. Some people enjoy beetroot juice mixed with apple. In carrot cake recipes substitute half the carrot for beetroot.

Pineapple is 500 times more effective than cough medicines for sore throats/coughs. It boosts your immune system, aids respiratory health and digestion, and strengthens bones. Use the juice in smoothies, for breakfast or as a non-alcoholic treat.

Remember food is to be enjoyed and changing your diet is best when you introduce new foods in delicious and fun ways.

Choose which of the above super vitality foods you feel would most enhance your health and then find new exciting recipes to try. The way we eat is often habitual. This is an opportunity to add more variety to your diet. Make changes gradually; involving the people who share the food with you. New healthier habits can be established in about three weeks. A change in diet will bring about a natural detoxification in your body and a reprogramming of your taste buds to new flavours so ensure changes are gradual and avoid lots of sudden drastic changes.



All the Best in Health and Vitality, Teresa