

30 Cancer Fighting SuperFoods:

Foods, Herbs & Plant Compounds to Cleanse the Body and Strengthen the Immune System



30 Cancer Fighting SuperFoods & Herbs

The Food You Eat Can Be Either the Safest and Most Powerful Form of Medicine or the Slowest Form of Poison."

Ann Wigmore

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30 Cancer Fighting Superfoods & Herbs

I believe deep within my spirit that God created us for incredible health & vitality and desires for us to look to nature to provide the resources for health & well-being. Our society has been trained to look first to man-made interventions and treatments.

However, I believe we honor and glorify Him by looking to His creation for the answers to our health goals. The more I study nature, nutrition, human physiology and biochemistry, etc. the more His majesty comes alive in my body, mind, & soul.

Nutrition to Reduce Inflammation:

Cellular inflammation has been shown to be the underlying marker in nearly every major health problem. Every single day our body is attacked by free radicals, cells are damaged, and inflammatory mediators are produced and triggered throughout our body. Fortunately, God gave us an incredible ability to heal and regulate abnormal cells through our brain, spinal cord, nerve and immune systems. He also provided us with a way of life to minimize the negative effects of lifestyle stress.

From a nutritional perspective, one of the simplest things to do is add some of our Creator's most nutritious foods into our diet. Foods that have an incredible array of health benefits that go well beyond just their nutrient value are considered "superfoods." The world's most powerful cancer fighting substances are found right under our nose in the form of natural plants, herbs, & spices.

The Goal of This Booklet:

This booklet is designed to help you understand many of the great cancer fighting foods and herbs we find in nature and the best strategies to use these for maximal benefits.

This booklet is not comprehensive, there are many other great foods and herbs that help strengthen the immune system, enhance cellular detoxification and improve our fight against chronic disease. This booklet simply goes over some of my favorites that I recommend most commonly for my clients. My challenge to you is to look to use these 30 herbs, foods, natural compounds and nutrients in your daily regimen while reducing your exposure to inferior foods such as grains, legumes, commercial animal products and processed foods.

If you follow this challenge, I am confident you will see dramatic health results where you will have more energy, improve your weight, have cleaner and more shiny skin and look and feel your best.

***This information is based on Peer Reviewed published studies and all references can be found on DrJockers.com**



5 Health Benefits of **ASPARAGUS**



Full of Nutrients:

If you're looking for a power packed nutrition punch, then asparagus is just what you need! Asparagus is an excellent source of dietary fiber and is rich in vitamins B, K, A, C and E. Its high folate content helps in the formation of new cells that is essential for expectant women. Deficiency of folate in pregnant women can result in neural tube defects in their babies.

Asparagus is also a rich source of potassium that regulates the fluid volume in the body and ensures normal cell function. The antioxidant, vitamin C improves immunity function and increases the level of iron absorption by the body while vitamin A improves eye health and prevents the risk of macular degeneration. Another nutrient rutin contained in asparagus aids in the strengthening of capillary walls.

Anti-Cancer Benefits

The best way to ward off the silent killer called cancer is to enjoy a quality lifestyle and a healthy diet!

Asparagus contains anti-cancer properties owing to its high content of plant compounds called phenols.

Phenols act as antioxidants that improve immunity and help the body fight against free radical damage. A study conducted by the Indian Journal of Pharmacology reported that the Shatavari species of asparagus exhibits significant anticancer activity.

Asparagus will make your urine smell, but don't worry this is normal and healthy. It is part of the biochemical process the body goes through to convert asparagusic acid into sulfur compounds.

Blood Sugar Benefits

Another one of asparagus's health wonders is its activity against type 2 diabetes. Regular intake of asparagus helps regulate blood sugar levels by boosting the production of insulin.

According to a 2011 study published in the British Journal of Nutrition, asparagus helps improve insulin secretion and beta-cell function, thereby lowering risk of type 2 diabetes. It also contains anti-inflammatory properties that reduce inflammation and oxidative stress, which could also be one of the triggers of type 2 diabetes.

Improves Digestion

Owing to its high fiber content, asparagus is known to aid bowel movements and prevent digestive discomfort. Asparagus contains a prebiotic called inulin that does not get broken down till it reaches the large intestine. In the large intestine, it acts as a food source for good bacteria like Lactobacilli that aids nutrient absorption, reduces risk of allergies and prevents colon cancer.

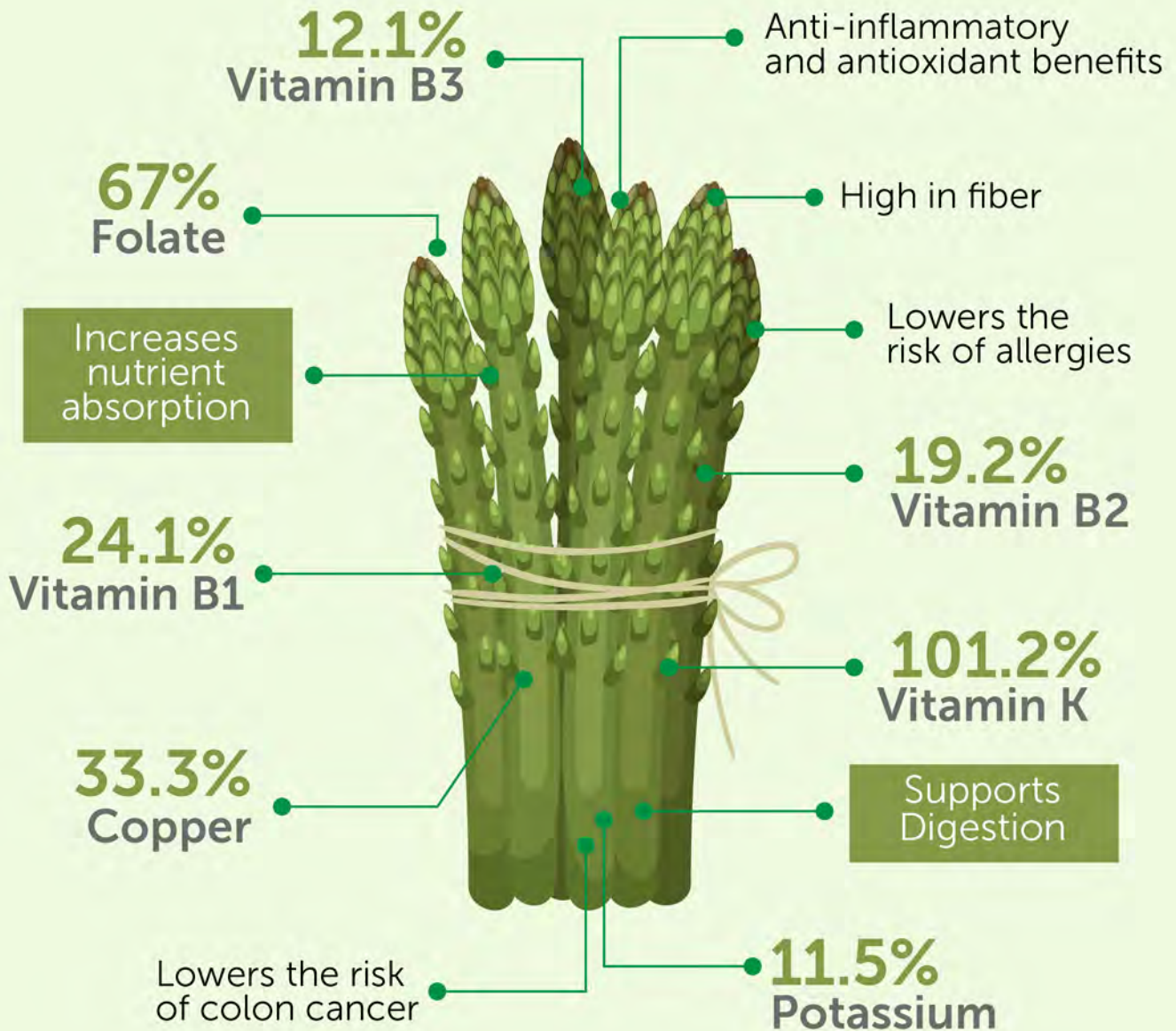
As established earlier, asparagus also helps flush out excess salts and fluids from the body. This particularly helps those suffering from high blood pressure and reduces cellulite, edema and tissue swelling.

How to Use:

This is best used steamed, sautéed, baked or juiced. It is most fresh and in-season in the springtime but can be stored and used year-round.

Try sautéing it in coconut oil and diced garlic. Cover with Italian herbs and enjoy!

Asparagus





3 REASONS TO EAT AVOCADOS DAILY

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This amazing fruit is very high in healthy oleic acid. This is a monounsaturated fat that helps increase fat metabolism. It is also rich in the powerful carotenoid antioxidants lutein and zeaxanthin as well as Vitamin E (tocopherol).

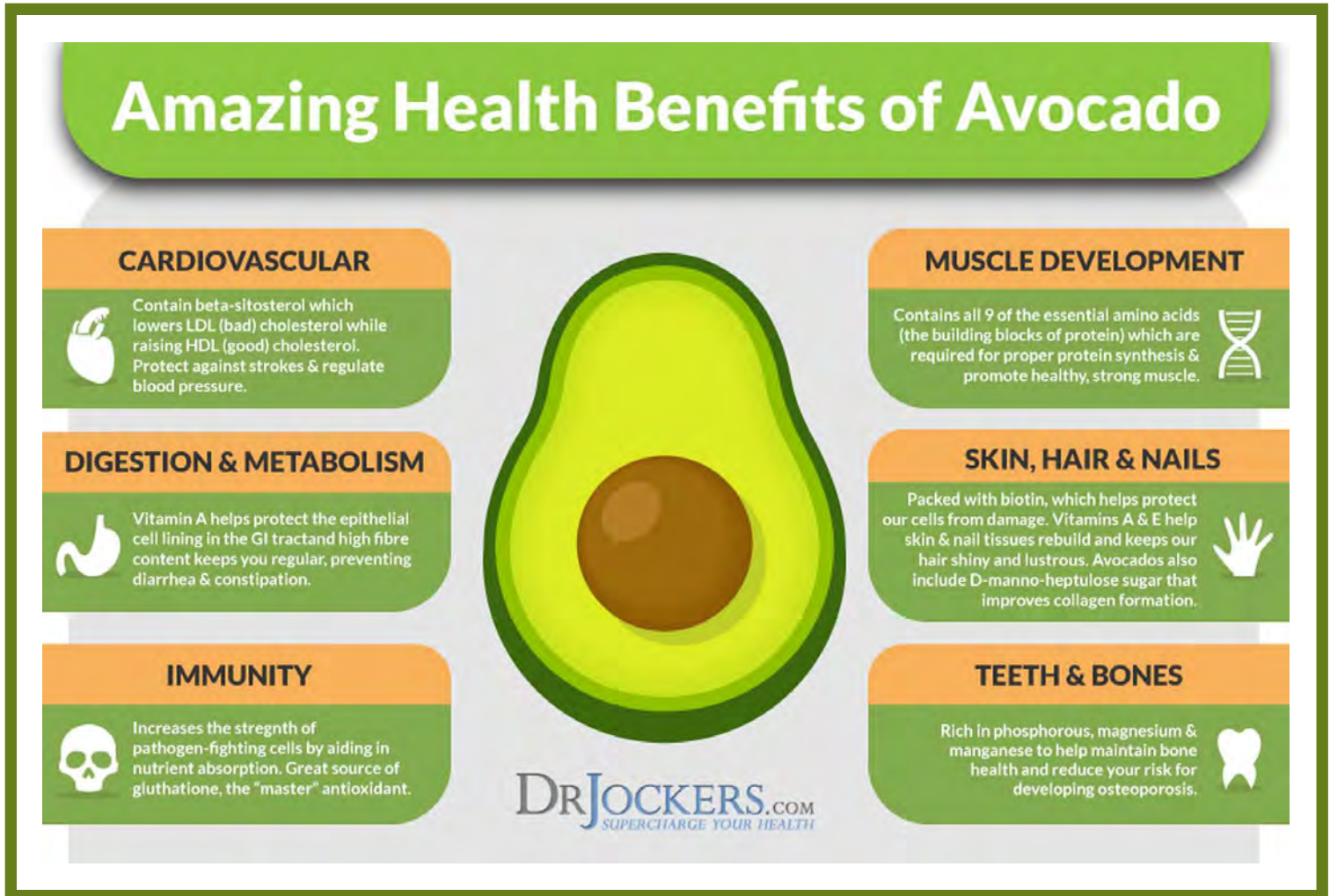
These antioxidants decrease oxidative stress and allow for a healthier cellular environment. Other critical components include ionic potassium and folate. These elements are alkaline forming in the body, helping to buffer acidic wastes that accumulate within the human tissue and bloodstream.

Avocados are a terrific complement to a vegetable based meal. Most vegetables, particularly in their raw state, contain a high number of carotenoid-based antioxidants. Studies have shown that these antioxidants are lipophilic (fat-loving) and are absorbed best in the body when combined with a healthy fat such as oleic acid.

A study published in the Journal of Nutrition in March 2005 showed that adding avocados to salad increased absorption of alpha-carotene, beta-carotene and lutein 7.2, 15.3, and 5.1 times higher, respectively, than the average amount of these carotenoids absorbed when avocado-free salad was eaten.

Hass avocados have been found to be the most densely concentrated variety of the avocado fruit. They contain the highest content of lutein and zeaxanthin and other fat-soluble nutrients.

Amazing Health Benefits of Avocado



CARDIOVASCULAR

Contain beta-sitosterol which lowers LDL (bad) cholesterol while raising HDL (good) cholesterol. Protect against strokes & regulate blood pressure.

DIGESTION & METABOLISM

Vitamin A helps protect the epithelial cell lining in the GI tract and high fibre content keeps you regular, preventing diarrhea & constipation.

IMMUNITY

Increases the strength of pathogen-fighting cells by aiding in nutrient absorption. Great source of glutathione, the "master" antioxidant.

MUSCLE DEVELOPMENT

Contains all 9 of the essential amino acids (the building blocks of protein) which are required for proper protein synthesis & promote healthy, strong muscle.

SKIN, HAIR & NAILS

Packed with biotin, which helps protect our cells from damage. Vitamins A & E help skin & nail tissues rebuild and keeps our hair shiny and lustrous. Avocados also include D-manno-heptulose sugar that improves collagen formation.

TEETH & BONES

Rich in phosphorous, magnesium & manganese to help maintain bone health and reduce your risk for developing osteoporosis.

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Avocados are one of the best anti-aging foods that prevent wrinkles and skin aging. The D-mannoheptulose sugar that is found in avocados has been shown to improve the skin epidermis by boosting collagen formation. Avocados also contain specific amino acids and carotenoid antioxidants that reduce age spots, soothe inflammation and heals scars and burns.

When looking to find a ripe avocado it is best to feel the consistency rather than judge them off of their color. They will get darker as they ripen so the forest green varieties are typically not ripe yet. Ripe avocados that are still good are typically firm but have slight give to them.

Any sort of mushy consistency is a warning sign that the inside meat is oxidized and rotten. Refrigerating your avocados will increase their shelf life while putting them in a bag with an old banana peel will make them ripen faster.

How to Use: Don't worry about buying these organic as they are hard for pests to penetrate and thus, are typically not sprayed with highly potent chemicals.

After opening, use these immediately within a day. If you want to have them last longer, keep the pit in them and you can put lemon juice on them to help preserve them. Discard any brown or gray spots as this is oxidation (brown) and mold (gray) and is toxic.

Make guacamole, dice them up on salad, put in smoothies to make a pudding like consistency and/or eat straight up with a bit of Himalayan salt on them.

Stages of Ripening



Note: Avocado color does not always indicate ripeness. Ripe avocados will yield to firm gentle pressure.

Hass & Fuerte Avocados

WHAT'S THE DIFFERENCE?



The skin turns from green to publish-black when ripe

Hass

- It has pebbly, thick skin
- The Hassocks is an oval-shaped fruit
- Its flesh is creamy and pale green
- It has a small-to medium-sized seed
- Has Avocados are dense and 18-30% fat
- 1 medium sized Has avocado has more than 2 times the amount of healthy fats in it as the Fuerte Avocado



The skin turns from green to publish-black when ripe

Fuerte

- It has smooth, thin, delicate skin
- The Fuerte is a pear-shaped fruit
- Its flesh is creamy and pale green
- It has a medium-sized inner seed
- Fuerte Avocados are leaner at 3-5% fat
- Fuerte is also called Florida avocados

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9 WAYS BLUEBERRIES BOOST BRAIN FUNCTION



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Blueberries are rich with antioxidant phytonutrients called anthocyanidins that gives them their blue shade. These nutrients powerfully neutralize free radical damage to the collagen matrix of cells and tissues. In addition, anthocyanins have been shown to improve capillary integrity and enhance the effects of Vitamin C. The anti-oxidant power of blueberries has been shown to be particularly useful in stabilizing brain function and protecting the neural tissue from oxidative stress. Studies have shown improvements in memory and learning while reducing symptoms of depression.

Blueberries also contain other major phytonutrients including pterostilbene, resveratrol, flavanols and tannins. All of these have been shown to inhibit the development of cancer cell growth.

Best Ways to Get Blueberries:

The riper the berries the more antioxidant power they contain. To assess the ripeness of the berries, look at the color. Riper berries are a darker blue. Blueberry season is mid-late summer, June – August. Most frozen berries are picked at maximal ripeness and frozen.

Blueberries are necessary to purchase organic due to the high amount of petrochemical pesticides that are used on the non-organic varieties. In June of 2014, the Environmental Working Group labeled nonorganic blueberries as a significant concern. Blueberries grown in the US were the 14th most pesticide laden out of 53 fruits and vegetables tested.

The term “wild” is considered a marketing term that producers of low bush blueberries have used to help sell their blueberries. Wild blueberries may or may not be organic. One should always check labeling and certifications.

Blueberries Benefit the Body By:

- 1. Feeding Your Microbiome:** The polyphenol antioxidants help to preferentially enhance the development of good microbial species that help you burn fat, absorb key nutrients and detoxify wastes.
- 2. Protection from UV Radiation:** The anthocyanin antioxidants in blueberries help protect us from the damaging effects of UV radiation exposure.
- 3. Improve Brain Function:** The unique array of antioxidants in blueberries has been shown to have powerful effects on cognition, mood and memory.

BLUEBERRIES FIGHT HEART DISEASE & OBESITY

HEALTH BENEFITS OF BLUEBERRIES

- ✓ Supports Eye Health and Vision
- ✓ Improves Fat Burning
- ✓ Preserves Bone Health
- ✓ Relieves Constipation
- ✓ Improves Memory
- ✓ Improves Heart Health
- ✓ Stimulates Cancer Cell Apoptosis
- ✓ Improves Blood Sugar Stability
- ✓ Improves Urinary Tract Health

HOWEVER SOME METHODS OF PROCESSING AFFECT THE HEALTH BENEFITS OF BLUEBERRIES, SUCH AS JUICING AND CANNING, THESE LOWER ANTIOXIDANT LEVELS BY 22 TO 81 PERCENT

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BROCCOLI SPROUTS

Top 6 Health Benefits for Gut & Hormones



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One of the most powerful cancer preventative nutrients found in cruciferous vegetable sprouts such as broccoli sprouts is glucoraphanin. Glucoraphanin is broken down during digestion and converted into a powerful antioxidant sulforaphane (SF).

The antioxidant potentials of SF have the ability to influence and protect every organ in the body as long as its originating form, glucoraphanin, is consumed daily. Broccoli sprouts are the best source of this nutrient but it can also be found in kale and kale sprouts, cauliflower and brussels sprouts.

1. Sprouts Activate Antioxidant Pathways

Sulforaphane affects other processes in the body like a strong leader provides the tools and support for his team to reach a goal.

Studies found that a powerful antioxidant signaling gene referred to as NRF2 is dependent on the bioavailability of SF in the body. In other words, increasing sulforaphane in your diet is essential to the activity of many anti-inflammatory and cancer fighting responses.

2. Sprouts Have Cancer Fighting Enzymes

SF provides the support for the following critical enzymes to display anticarcinogenic activity:

1. Quinone Reductase
2. Glutathione S-Transferase
3. Phase II Enzymes

Increased function of quinone reductase and glutathione S-transferase biologically improve liver, stomach, intestine and lung functioning.

3. Sprouts Improve Glutathione Levels

Cruciferous vegetable sprouts, particularly cauliflower and broccoli sprouts stimulate the production of glutathione. Glutathione is a super antioxidant involved in the cancer protective properties in every cell within the human body.

Sprouts are one of the greatest food sources of glutathione boosting nutrients. Consuming broccoli sprouts on a daily basis is one of the best things one can do to improve their glutathione levels and reduce oxidative stress.

4. Sprouts Are a Source of Quercetin:

Quercetin is a potent antioxidant found in fruits and vegetables known to prevent cancer. Sprouts are highly concentrated with quercetin and contribute to reducing inflammation, protecting cardiovascular function and detoxifying the toxic waste that oxidative stress creates in our cells.

5. Sprouts Have Antimicrobial Properties

Cruciferous vegetable sprouts have been used in ancient history for its use in medicines as antibiotics. As glucoraphanin is broken down by myrosinase, an enzyme found in sprouts, SF is synthesized. A sulfur containing compound, SF has been extensively studied to contain natural protective properties which act as an antimicrobial agent in the digestive tract and other organs in the body.

6. Sprouts Improve the Gut Microflora

Consuming sprouts daily improves the gut microflora. This decreases the risk of developing stomach, intestinal and colorectal cancer. Maintaining healthy gut microflora is essential to a healthy immune system required for reducing inflammation and reducing your risk of cancer.

Maximize the Benefits from Sprouts

How can you make sprouts a regular part of your diet and achieve eating up to 5 servings a week?

Add sprouts to your salads, wraps, stir fry or make a refreshing sprout style slaw.

1. Buy sprouts at farmers markets which grow their sprouts from high quality seeds. Pesticide chemical use degrades the cancer fighting compounds concentrated in sprouts.
2. Quality may be more important than quantity. When you are choosing which vegetables to budget into your grocery expense, keep in mind that broccoli and cauliflower sprouts contain 10-100 times more glucoraphanin than does a mature head of broccoli or cauliflower.
3. Quality may be more important than quantity. When you are choosing which vegetables to budget into your grocery expense, keep in mind that broccoli and cauliflower sprouts contain 10-100 times more glucoraphanin than does a mature head of broccoli or cauliflower.



6 BENEFITS OF SPROUTS

- ✓ Activates Antioxidant Pathways
- ✓ Cancer Fighting Enzymes
- ✓ Improves Glutathione Levels
- ✓ Good Source of Quercetin
- ✓ Antimicrobial Properties
- ✓ Improves Gut Microflora

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Your Guide to Sprouting

Sprouting increases the nutritional value of raw foods and makes them easier to digest.

Step 1

Soak your seeds, nuts, or legumes overnight.

Step 2

Rinse with fresh water in the morning, and then every 12 hours for 3-4 days.



Step 3

Store upside down in a glass jar with a cheesecloth over the top, or a sprouting bag.

Step 4

Expose the fresh sprouts to sunlight before eating to increase chlorophyll absorption.

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SHOULD YOU EAT MORE BUTTER?

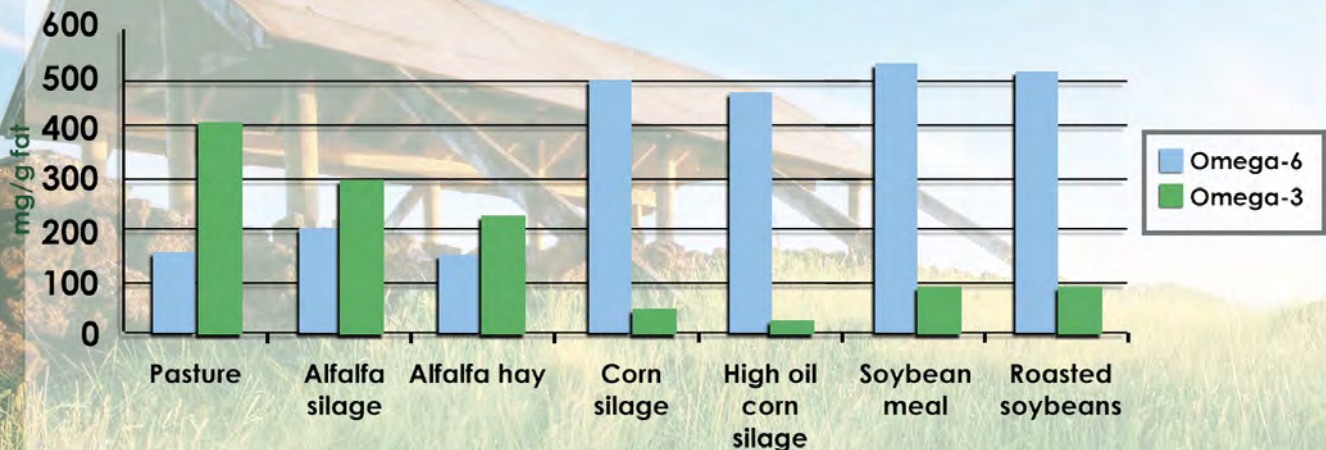
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Grass-fed butter is one of the most nutrient dense foods on the planet. It is an entirely different product than conventional grain-fed butter.

Grass-fed butter contains the ideal ratio of omega 6: omega 3 fatty acids, which is especially important for optimizing cell membrane function and reducing inflammation. Grain-fed butter has a high omega

6:3 ratio which will promote inflammatory conditions in the body. Grass-fed butter also has significantly more anti-inflammatory anti-oxidants than grain-fed butter.

FATTY ACID CONTENT OF FEED



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Best Natural Source of Butyrate:

Butyrate is a 4-carbon chain saturated fatty acid. It is called a small chain fatty acid (SCFA) and it has a profound benefit on energy production and digestive health. Butyrate is actually produced by intestinal bacteria when they metabolize cellulose and other prebiotic fibers. Butyrate is the major reason why fiber is so beneficial to our health.

Butyrate is the preferred fuel source for our large intestinal cells. This is especially important because it helps prevent and heal leaky gut syndrome. Intestinal permeability is considered by many the leading source of inflammation in the body. This is most likely the rationale by how butyrate helps reduce auto-immunity and prevent cancer cell development.

Great Source of Conjugated Linoleic Acid:

Conjugated Linoleic Acid (CLA) is a long-chain fatty acid that has significant health benefits. Meat and dairy products from grass-fed animals can produce 300-500% more CLA than those of cattle fed the usual diet of hay and grains.

Back in 1979, University of Wisconsin researchers found that beef extract had a significant anticarcinogenic function. It wasn't until 1987 that scientists discovered it was the CLA that provided these benefits. It was shown that CLA helps to upregulate the tumor suppressing gene PTPRG. Michael Pariza is the famed scientist who discovered CLA. He says, "few anti-carcinogens, and certainly no other known fatty acids, are as effective as CLA in inhibiting carcinogenesis." A diet with as little as 0.5% CLA has been shown to reduce tumor growth by over 50%.

CLA has a powerful effect on enhancing cellular insulin sensitivity & stabilizing blood sugar. Many researchers say it has the effect of synthetic diabetic drugs without negative side effects.

Testing has shown that consuming CLA for longer than 8 weeks has significant effect on circulating insulin and blood glucose. Additionally, CLA speeds up metabolism and increases the process of fat breakdown. Many researchers have hypothesized that a lack of CLA in the modern diet is a significant factor in the obesity epidemic.

Great Source of Retinol:

When cows eat grass, they concentrate antioxidants into their dairy. The major antioxidant that is concentrated is fat-soluble form of vitamin A called retinol. Retinol is especially important for healthy neurological function, immune coordination and vision.

Grass-fed butter is also a rich source of various beneficial vitamin E tocopherols and other carotenoid anti-oxidants. These all have a positive effect at reducing oxidative stress in the arterioles and reducing risk of heart disease.

What if I Can't Do Dairy?

Many individuals with certain genetics, leaky gut and auto-immunity are unable to tolerate dairy. This is typically due to lactose intolerance and casein sensitivities. Lactose is the major form of sugar in the dairy while casein is the major protein.

Butter is concentrated fats and does not contain lactose and only minimal amounts of casein. If someone has very serious reactions or does not feel good when they use grass-fed butter it is typically related to the very small amount of casein. Ghee, which is clarified butter, is completely free of the casein and will be my first recommendation for someone with casein sensitivities.

How To Use Butter or Ghee:

I love to use these to melt over coconut flour muffins, steamed or sautéed veggies or sweet potatoes or to put on flax crackers. This is one of the most nutrient dense and satiating foods you can consume, so look for opportunities to use it daily!

It can be used to cook with, but I prefer coconut oil as cooking with grass-fed butter or ghee reduces the anti-oxidant (retinol and vitamin E) content. It can also oxidize some of the omega 3 fatty acids. I only recommend cooking with butter when one has an allergy to coconut oil.

GRASS-FED BUTTER

BENEFITS



1 Contains CLA

Contains CLA Conjugated Linoleic acid which helps to reduce belly fat, helps to protect against cancer and supports muscle growth.

2 Great Source of Butyrate

Contains CLA Conjugated Linoleic acid which helps to reduce belly fat, helps to protect against cancer and supports muscle growth.

3 Contains Vitamin A - Retinol

Contains Vitamin A - which is good for the thyroid, adrenals and cardiovascular health.

4 Great Source of Vitamin D & K2

Great source of Vitamin K2 - may reverse arterial calcification and helps not increase bone density.

5 Contains Essential Fat

Butter is rich in Omega 3 Fatty Acids that reduce inflammation and improve hormone optimization.

6 Additional Beneficial Nutrients

- Lecithin
- Selenium
- Magnesium
- Zinc
- Copper
- Iodine
- ...and more!

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HEALTH BENEFITS OF CHIA SEEDS

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Chia seeds are native to South America where they were revered by two of the most powerful tribes the Aztecs and Mayans. These tribes considered chia to be more valuable than gold. The Aztecs would traditionally consume chia before going into war or before a big hunt for extra energy and stamina.

Chia is easy to grow as it survives in very temperate environments and is quite self-sustaining. It is hardly bothered by insects and grows very efficiently. An individual could survive quite well on chia alone due to the rich blend of nutrients it provides.

Chia's Nutritional Profile:

Chia boasts an impressive array of flavonoid and polyphenol anti-oxidants including quercetin, kaempferol, chlorogenic acid and caffeic acid. It has three times the amount of anti-oxidants as blueberries for equal volume.

Chia is also loaded with the small chain omega-3 fatty acid ALA and soluble and insoluble fibers. These nutrients make chia a powerful defense against everyday stress and chronic disease.

Improve Blood Sugar Sensitivity:

Chia seeds nutritional components include healthy fats, antioxidants clean proteins and fiber. Chia contains no sugar and very minimal amounts of non-fibrous carbohydrates. Chia also contains high levels of calcium, magnesium and potassium.

This combination is perfect for healthy blood sugar levels and sustained energy. A diet that includes chia seeds is a powerful combatant for diabetes, heart disease and metabolic syndrome.

CHIA SEEDS

WHAT ARE CHIA SEEDS?

A relative of the mint plant, chia seeds come in either black or white and are about the size of sesame seeds.



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CHIA SEED BENEFITS



EASY TO EAT

Chia seeds are small, portable and can last a long time. Their neutral taste makes it easy to add them to any dish.



HIGH IN FIBER

Helps regulate bowel movements, and reduces your risk of type 2 diabetes, obesity, and heart disease.



GOOD SOURCE OF PROTEIN

With almost as much protein as egg, chia seeds are a great way to vary protein intake.



GREAT OMEGA-3 TO OMEGA-6 FATTY ACIDS RATIO

Helps restore balance in the body to combat chronic inflammation, insulin resistance, and obesity.

Source: blog.paleohacks.com

Healthy Gut Function:

The healthy gut bacteria that are digestive system depends upon thrive off of different forms of fiber. Chia's makeup of essential fats, anti-parasitic antioxidants and rich array of fibers is a perfect nutritional blend to build a healthy gut.

The chia fibers are able to absorb ten times their weight in water which helps to hydrate the colon and move toxins out of the gut. The blend of insoluble and soluble fiber helps to sweep and sponge microorganisms and environmental toxins out of the colon and into the feces.

Using Chia in Everyday Life:

Chia seeds can be used in a wide variety of dishes including soups, no-grain cereals, smoothies and baked goods. They are also a great addition to any salad or veggie sauté. Many vegans are lacking healthy proteins and fats in their diet while many carnivores lack antioxidants and fibers in their diet.

Chia is the perfect addition for both of these groups.

To optimize your health look to add two to four tablespoons of this superfood into your diet daily. Two tablespoons of chia give you seven grams of fiber, four grams of protein and five grams of omega 3 fatty acids. I like [Navitas raw chia seeds](#)



NUTRITIONAL BENEFITS OF CHIA

One ounce (28 grams) of Chia Seeds contain:

- ✓ **Fiber:** 11 grams
- ✓ **Protein:** 4 grams
- ✓ **Fat:** 9 grams
- ✓ **Calcium:** 18% of the RDA
- ✓ **Manganese:** 30% of the RDA
- ✓ **Magnesium:** 30% of the RDA
- ✓ **Phosphorus:** 27% of the RDA

They also contain Zinc, Potassium, Vitamin B-1 (Thiamine), Vitamin B-2 (Riboflavin) and Vitamin B-3 (Niacin).

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7 SUPER HEALTH BENEFITS OF CHLORELLA

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The single celled green algae chlorella is renowned for its incredible nutrient content and qualities. The depth of benefits one receives from consuming this microspecies is evidence of its superfood status. Chlorella is used around the world as a valuable food source for immune boosting and detoxification.

Chlorella contains an extraordinarily high nutrient density. This is due to the rich amount of trace minerals, chlorophyll, and anti-oxidant phytonutrients that have allowed it to adapt to harsh environments over many years. It also contains many very unique elements such as the carotenoid sporopollenin and the plant based anti-biotic chlorellan.

Chlorella is the most potent source of pure chlorophyll. Chlorophyll helps purify the blood and allows the body to utilize oxygen more efficiently. It also supports the elimination of many toxins such as molds and industrial pollutants. Chlorophyll provides magnesium to help support the brain and nervous system and to protect against toxic accumulation in the central nervous system.

Enhanced Detoxification Process:

Chlorophyll activates the PPAR receptor within the nucleus of the cell. This receptor helps transcribe and code certain DNA factors that function to open the cell membrane. This is essential for cellular detoxification and the normalization of insulin resistance. Additionally, chlorella contains zinc, GLA and other nutrients necessary for healthy cell membranes and insulin receptor sites.

Chlorella contains the phytonutrient sporopollenin. Sporopollenin is more effective at binding neurotoxic debris better than any other natural substance. It has the ability to detox the body from biotoxins such as tuberculosis, Lyme disease, tetanus toxins and mold.

It also filters out xenobiotics such as phytates, dioxins, pesticides, & industrial waste. It can bind and eliminate heavy metals like mercury, lead, nickel & aluminum. It also pulls out food preservatives, artificial flavorings & colorings.



Chlorella

- 16 vitamins and 8 minerals (plus vital trace elements and minerals).
- 19 amino acids (including the 9 essential).
- The highest concentration of RNA/DNA nucleic acid in all known plant foods.
- The richest source of chlorophyll known to man.
- Highly digestible complete protein.
- Essential fatty acids - Omega-3 and Omega-6.
- Nutritional co-factors including enzymes, polysaccharides and sterols.

Boosts Glutathione:

Chlorella turns on the natural detoxification switch by increasing intracellular reduced glutathione. Glutathione functions to scavenge free radicals and renew the antioxidant properties of vitamin C & E. Low glutathione levels significantly reduce the body's ability to adapt to stress and push toxins out of cells. As glutathione increases the cells begin to remove toxic debris.

Chlorella contains a fibrous mucopolysaccharide membrane wall that naturally binds to toxins. This outer wall should be slightly cracked before consumption in order to make the nutritional benefits of chlorella more bioavailable.

How To Use Chlorella:

You can get chlorella powder and put it in smoothies and shakes. You can also purchase cracked cell wall chlorella as a supplement and take 2-4 grams daily. For the best pure chlorella supplement I recommend the [Mercola fermented chlorella](#) which has great bioavailability and was created with sterilized cultivation to reduce heavy metal and toxin infiltration.

You can also get this in a combination product with other herbs and algae's such as spirulina to support your detoxification pathways. A great product we have is our [Organic Supergreens](#) which combines both of these algae along with 34 other superfood ingredients into an easy to use powder.

Organic SuperGreens Provides:

- 28 Organic & Living SuperFoods
- 8 Organic Cleansing Herbs
- Highly Digestible Greens and Veggie Juices and Sprouts
- Rich in Chlorophyll, Antioxidants and Trace Minerals
- Boost Energy and Facilitate Detoxification
- Optimized for Digestion with Probiotics and Enzymes

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10 Great Ways to Use Coconut Oil

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Mothers' milk is considered the most perfect food on the planet for human consumption due to its ideal nutritional content and immune boosting compounds.

The closest match in nature to mothers' milk is found within the coconut. This tropical staple is loaded with many powerful fatty acids that give it a unique taste and an abundance of health enhancing benefits.

Coconut Oil is rich in healthy small to medium chained saturated fats called medium chain triglycerides or MCT's. Most common vegetable or seed oils consist of long chain fatty acids (LCFAs), also known as long-chain triglycerides or LCTs.

The LCT's put more strain on the pancreas, liver, and GI tract. The body must package these LCT's with carrier proteins that require special enzymes to effectively metabolize.

Reduces Oxidative Stress:

Coconut oil is the most stable of all the commonly used fatty acid sources due to its high composition of saturated fats. This stability is very important because it

reduces the free radical load on our bodies. Physiologist and biochemist Ray Peat, Ph.D. considers coconut oil to be an antioxidant due to its resistance to oxidation and free radical formation.

Coconut oil helps to balance hormones, stabilize blood sugar levels and boost the cellular healing process. It is also known to stimulate the thyroid and reduce stress on the liver and pancreas. This increases metabolism and helps us burn fat more effectively. Additionally, coconut oil increases our energy levels due to its very clean and easy digestive process.

Both mothers' milk and coconut oil are rich in the immune boosting lauric acid which is converted in our body to monolaurin. Monolaurin contains extraordinarily powerful anti-biotic, anti-viral, and antifungal properties.

Unlike man-made anti-biotics and anti-virals these fatty acids pose no danger within our bodies. They are completely harmless to us, yet powerful at destroying harmful microbes by damaging the cell membrane of these competing organisms. This makes coconut oil one of the best foods to eat during cold/flu season.

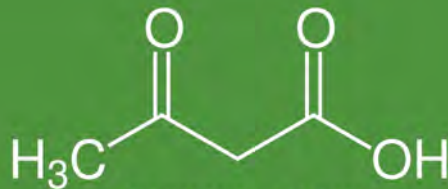
10 Ways to Use More Coconut Oil:

(Always get Virgin or Extra Virgin Coconut Oil)

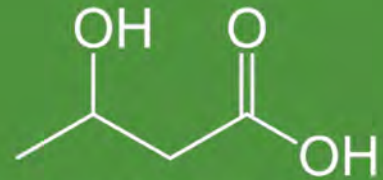
1. Rub into hair & onto skin as moisturizer after shower.
2. Use as a natural deodorant by applying to underarms.
3. Use coconut oil whenever you cook. Due to its incredible stability it can withstand high heat.
4. Take an extra 1-2 tsp of raw extra-virgin coconut oil orally each day for improved energy and brain function.
5. Practice oil pulling with coconut oil daily
6. Put coconut oil in your morning or tea
7. Use coconut milk for shakes & creamy recipes
8. Melt coconut oil on steamed veggies to make them creamier and more satisfying.
9. Snack on coconut flakes daily
10. Combine with chocolate for some amazing recipes



ACETONE
(Technically, a Ketone)



ACETOACETIC ACID
(Technically, a Ketone)



BETA-HYDROXYBULYRIC ACID
(Technically, NOT Ketone)

Coconuts are very high in saturated fat- 92%. 65% of those saturated fatsa are called medium chain. Medium chain has very unique characteristics that put them in a different category of other fatty acid.



5 BENEFITS OF

CORDYCEPS

FOR YOUR BRAIN & BODY

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This oddly shaped mushroom grows native to China and is all around the Tibetan area. For years it was thought to be a living worm rather than a mushroom and was nicknamed the caterpillar fungus as it is seen growing on the sides of trees. Cordyceps is actually a fungal spore that kills insects such as caterpillars and moths and feeds off their tissues.

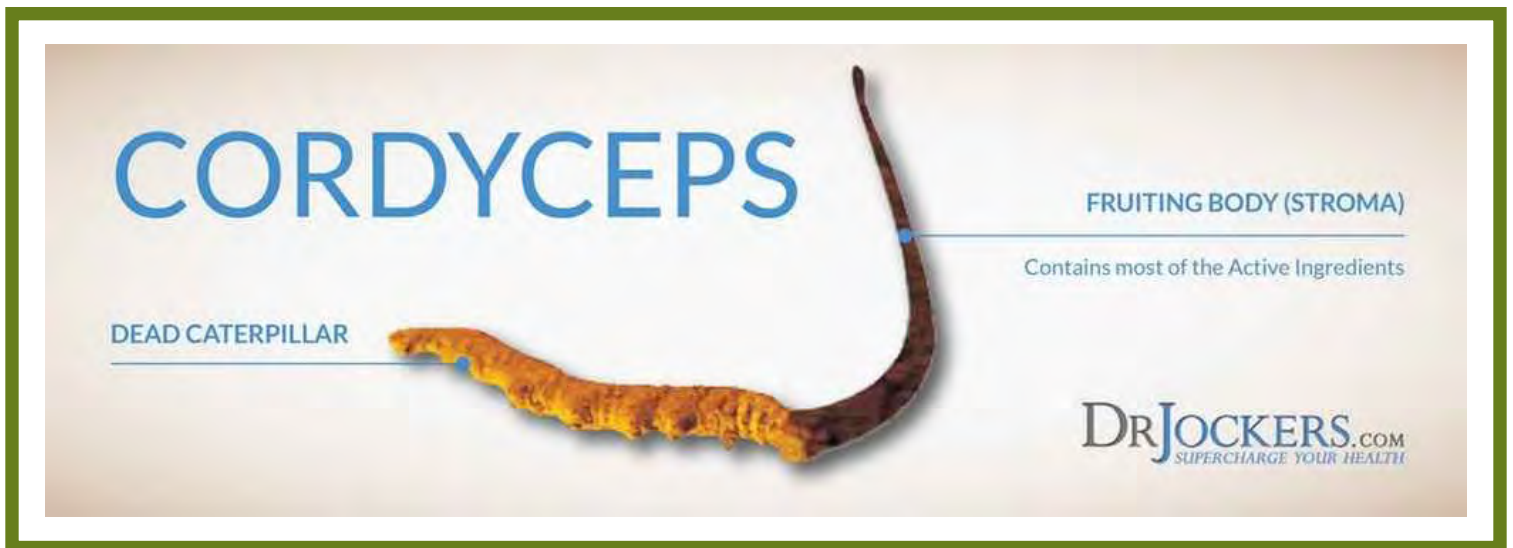
The Cordyceps mushroom has been described in old Chinese medical books from ancient times, and is also found in Tibetan medicine. Traditional Tibetan healers have recommended Cordyceps as a tonic for all illnesses. This is because they continually witness how it improves people's energy, sleep habits, digestion, stamina, libido and endurance.

Supports Adrenal Health:

Cordyceps is shown to help the body produce and balance cortisol and other stress hormones. The adaptogenic qualities allows them to influence the body towards homeostatic balance. This means that they move the body in the direction of a normal homeostatic set point. If stress hormones are too high, they lower and stabilize them and if stress hormones are too low, they raise and stabilize them.

In a 2003 study, Cordyceps extract was shown to improve a group of rats' physical performance in an endurance swim by over 16%. The rats also showed signs of reduced stress during the swim compared to the placebo group.

A 2014 study showed that Cordyceps markedly reduced exercise induced oxidative stress in a group of rats. The study showed that the rats using Cordyceps has significantly increased production of intracellular anti-oxidants superoxide dismutase, glutathione and catalase in their serum, liver and muscle. They had considerably lower oxidative stress markers in their serum, liver and muscle.



Blood Sugar Support:

Cordyceps has been shown to improve insulin secretion by the pancreas and it inhibits insulin degradation. It also reduces oxidative stress which is a major culprit in insulin resistance. It improves the function of glucose-regulating enzymes in the liver and promotes a gradual absorption of glucose from the digestive system into the blood stream.

A 1999 study in the Biological and Pharmaceutical Bulletin showed that cordyceps was able to stabilize blood sugar in drug-induced hyperglycemic diabetic rats. The researchers in this study presume that the benefits were due to an increase in the liver enzymes hepatic glucokinase and glucose transporter isoform-2 (GLUT-2).

Improving blood sugar signaling is key factor in protecting the body from glycolysis and the advanced tissue damage that is associated with degenerative diseases such as cancer, heart disease, Alzheimer's, Parkinson's, osteoporosis and osteoarthritis.

How to Use Cordyceps:

You can purchase dried cordyceps mushroom [here](#) and add it to soups and stews and also brew it and make it into a tea. You can also get it in a more instant form [here](#) that is easy to add to tea and coffee.

You can also find pure [cordyceps](#) or use combination supplements to enhance adrenal health and energy levels



The infographic features a central image of several dried cordyceps mushrooms on a wooden tray. To the left, a dark brown rounded rectangle contains the word "CORDYCEPS" in white, bold, sans-serif capital letters. To the right, the text "SUPPORTS HEALTHY:" is positioned above a grid of ten icons, each with a corresponding label. The icons represent: a person exercising (Vitality), a pair of lungs (Lungs), a heart (Heart), female reproductive organs (Reproductive Organs), a liver (Liver), a bar chart with an upward arrow (Adaptogenic Activity), a shield with a cross and a virus (Immunity), and a muscular arm with a dumbbell (Strength and Stamina). At the bottom left, the logo "DRJOCKERS.COM" is displayed in a serif font, with the tagline "SUPERCHARGE YOUR HEALTH" in a smaller, sans-serif font below it.

CORDYCEPS

SUPPORTS HEALTHY:

- Vitality
- Lungs
- Heart
- Reproductive Organs
- Liver
- Adaptogenic Activity
- Immunity
- Strength and Stamina

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10 ANTI-AGING HEALTH BENEFITS OF CUCUMBERS

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Cucumbers are an Anti-Aging Superfood

Superfoods are natural foods that have an array of nutrients that synergistically work together to exponentially expand the individual nutritional components. Many raw, organic vegetables fall into this category. One of the world's favorite superfoods are cucumbers.

Cucumbers are the 4th most cultivated vegetable in the world. They are considered one of the absolute best foods for the health of the skin, joints, liver & kidneys. They are also a natural energy tonic with their rich array of phytonutrients and electrolytes.

The Benefits of Silica & Lignans:

Cucumbers are loaded with the mineral silica, which is an essential component for healthy connective tissue (muscles, ligaments, cartilage, bone, & skin). It is also full of ionic potassium, magnesium, & vitamin C which give it a powerful alkalizing effect within the body. Additionally, cucumbers are particularly rich in fluids that hydrate the skin, joints, and tissues.

More recently scientists have begun studying the unique lignans found in cucumbers. These lignans include lariciresinol, pinoresinol & secoisolariciresinol. New research is linking these lignans with reduced risk of cardiovascular disease as well as breast, uterine, ovarian and prostate cancer.

Cucumbers are Loaded with Phytonutrients:

Cucumbers also contain the triterpene phytonutrients cucurbitacin's A, B, C, D & E. These phytonutrients have been the major focus of some extensive research looking deeply into their abilities to inhibit cancer cell signaling pathways.

Fresh cucumbers have been shown to improve anti-oxidant levels within the body and inhibit proinflammatory substances such as COX-2 and nitric oxide.

The combination of alkalizing elements, electrolytes, & fluids make it one of the world's best foods for enhancing energy levels. Cucumbers are also great for stabilizing blood pressure and stimulating the body's natural detoxification process.

Cucumbers Make for Beautiful Skin

Cucumbers are often used topically to enhance skin function. The natural ascorbic acid and caffeic acid within the cucumber act to prevent water retention in the skin. This reduces swelling under the eyes and helps the skin heal from sunburn, inflammation and eczema.

Cucumbers are also very effective when eaten and applied topically for removing unwanted cellulite. Cucumbers act to draw out excess fluids and tighten collagen which has the effect of a natural cellulite reduction. Simply eat some cucumber, juice it and/or place the cucumber on the regions of water retention.

Cucumbers are typically highly sprayed with pesticides so it is necessary to get organic varieties. If conventional is the only option it is best to scrape off the green skin rather than washing. Many of the chemicals are waxy and do not come off easy when washing.

Try dicing up cucumbers and putting some apple cider vinegar, oregano and pink salt. This makes a quick, electrolyte and enzyme-rich snack to boost energy levels.

WAYS TO ENJOY CUCUMBER



Raw



Pickled



Salads



Dressings



Roll ups



Sushi



Ice Pops



Smoothies



Soup



Dips

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10 BEST FERMENTED FOODS TO HEAL YOUR GUT



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Our ancient ancestors utilized probiotic enriched foods on a regular basis. This was necessary as a means of food preservation without the advent of refrigeration. Many ancient medicine men and physicians began utilizing them to treat certain ailments. Probiotic enriched foods are one of the most important attributes of a healthy diet and lifestyle.

In the early 20th century, Nobel Prize winning scientist Ilya Ilyich Mechnikov attributed the remarkable health of a group of Bulgarian people to their daily consumption of probiotic enriched foods. He named the unique bacterial species that made up much of their fermented products *Lactobacillus bulgaricus*. He theorized that probiotic bacteria could have a much greater impact on human health than the much-feared pathogenic strains of bacteria.

Every Culture Has Fermented Foods:

Every culture around the world had their own unique fermented foods. The Europeans used cabbage, beets and cucumbers to make foods like sauerkraut, kvass and pickles. The Koreans made a spiced fermented cabbage they called kimchi.

The Asians fermented soy to form products such as tempeh, miso and natto. They also created a fermented drink called Kombucha. Many different cultures also made their own fermented sourdough style breads.

Fermented Foods Help You:

1. Improve the Health of Your Digestive System
2. Strengthen Your Immune System
3. Detoxify Your Body from Dangerous Chemicals
4. Maximize Nutrient Absorption
5. Reduce Inflammation Throughout Your Body



3 Reasons to Eat Fermented Foods:

1. Fermented foods improve digestion
2. Fermented foods increase the vitamin content in food and the efficacy of absorption of those vitamins.
3. Fermented foods are rich in enzymes and restore good bacteria in the gut.

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Traditional Fermented Foods

Sauerkraut is made by fermenting cabbage often times in vinegar. Raw cabbage naturally has probiotics and enzymes that are exponentially multiplied during the fermentation period. Fresh (not canned) sauerkraut is a fantastic source of living enzymes and active lactobacillus and pediococcus strains of probiotics.

Kimchi is most commonly made with Chinese cabbages. There are many other variations of kimchi using cucumbers, eggplants, leeks, radishes, & other seasonal veggies. Often times these are prepared with a combination of fermented veggies that give it unique antioxidants, live enzymes and the special organism lactobacillus kimchi among others.

Fermented soy comes in three major forms: miso, tempeh & natto. Miso and tempeh often incorporate brown rice and barley fermentation with two unique probiotic yeast species. These yeasts enhance the bioavailability of the amino acids and produce high amounts of B vitamins. The bacillus subtilis bacterium is used to produce natto which is rich in proteolytic enzymes and vitamin K2.

Raw, Fermented Dairy:

Almost every region had their own fermented raw dairy products. The Bulgarians at yogurt, the Indians ate Lassi, the Africans had Amasi, and the Eastern Russia/Slovakia areas had kefir to name a few. Each of these dairy products were fermented with lactic acid based bacteria such as Lactobacillus, Lactococcus and Leuconostoc among others.

These raw, fermented dairy products share many of the same bacterial strains. In particular, the lactic acid based lactobacillus family of bulgaricus, kefir, parakefir, brevis, casei, etc. It also provides a variety of healthy yeast saccharomyces species. These include saccharomyces unisporus, turicensis, cerevisiae, & exiguous.

Best Fermented Foods to Consume:

This list is no particular order, these are all beneficial to the microbiome when they are properly prepared and consumed in their optimal state. If any of these smells rotten or have visible mold, then discard the areas that stink or have the mold.

Begin by consuming 1-2 tablespoons daily and you can gradually increase, adding 1 tablespoon more each week. Overtime you may be able to consume 1 cup of fermented foods at a time, but don't begin your plan like this or you may experience serious diarrhea!

Here is the List:

1. Sauerkraut:
2. Kimchi
3. Grass-Fed Yogurt or Kefir
4. Grass-fed Cheese
5. Beet Kvass
6. Natural Pickles
7. Fermented Assorted Veggies
8. Coconut Milk Yogurt & Kefir
9. Fermented Soy – Natto & Tempeh
10. Fermented Olives

Best Fermented Drinks/Tonics:

Begin by consuming 1 tablespoon at a time, adding a tablespoon every 2-3 days. If you have digestive problems or rash/hives, etc. than cut back down until these problems go away. Overtime you should be able to consume larger amounts of these at a time. Perhaps even entire bottles of fermented drinks at a time. Be sure to start slowly and methodically increase your dosage as your body tolerates. If you take too much too quickly you will often have diarrhea, gas and bloating. Here is the list:

1. Coconut water kefir
2. Water Kefir
3. Fermented grass-fed whey water
4. Kombucha
5. Apple Cider Vinegar
6. Red Wine or Balsamic Vinegar
7. Fermented Herbal Teas
8. Fermented Beet Kvass (juice)
9. Sauerkraut Juice
10. Fermented Veggie juice

Things to Look Out For:

- 1) **By Organic:** Be sure to buy organic varieties of fermented foods. The best sauerkraut and kimchi are going to be in the refrigerated section of your health food store in glass jars, not in cans on the aisles.
- 2) **Scrape off Mold:** If you are making your own, be sure to scrape off any mold or scum that may be at the top of your final product.
- 3) **Don't Overdo It:** Listen to your body as you consume fermented foods. If you feel itchier, have an increase in acne or small hives or have a headache after consuming than either reduce your dosage or eliminate fermented foods for a few days. Reintroduce slowly.

6 WAYS TO USE GARLIC TO IMPROVE YOUR LIFE

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Garlic has been used by many cultures throughout the history of mankind as a medicinal tool. The Sumerians and other groups around the Mediterranean region had a great reverence for its ability to fight infection. An Egyptian writing dating back to 1500 BC discusses the use of garlic for over 22 common health challenges. These same Egyptians fed a heavy garlic diet to their slaves to increase their strength as they built the great pyramids.

Garlic grows all year around in mild climates and forms very hardy stalks. The strong smell repels most insects, rodents and other animals that would potentially be predators. Garlic is typically grown without the use of toxic chemicals and always tests out for very low levels of pesticides and herbicides.

Sulfur Compounds:

Garlic is one of nature's most powerful immune boosting secrets. Garlic contains over 100 biologically active components including alliin, alliinase and unique sulfur compounds. When garlic is crushed or chewed it forces the alliin and alliinase enzyme together and causes a chemical reaction to produce allicin.

Allicin along with sulfur based compounds act as powerful antibiotic, anti-viral, and anti-fungal agents that have an incredible immune stimulating effect. Additionally, garlic is also used to lower blood pressure, cholesterol and help prevent/reverse cancer.

Anti-Biotic and Anti-Cancer Benefits:

Researchers have found garlic to be more powerful at destroying pathogenic bacteria than the popular anti-biotics penicillin and tetracycline. It is also very effective against viruses and yeasts like Candida. Garlic is also very potent at destroying tumor cells in the stomach, colon, breast and prostate among other regions. The sulfur compounds are also effective at detoxifying heavy metals such as mercury, lead, & aluminum.

The benefits of garlic can be enhanced by letting it sit for a few minutes directly after chopping. Most people chop or slice garlic and then immediately cook it or put it in an acid based solution such as lemon juice. Both of these modes of preparation reduce the alliinase enzyme and decrease the availability of the sulfur compounds.

How to Get Garlic:

It is a natural anti-microbial so it repels microorganisms and is not sprayed with pesticide. This means you can get conventional garlic. The best benefits are when it is freshly chopped or juiced so be sure to get fresh cloves to get the best immune benefits.

Garlic Parasite Cleanse:

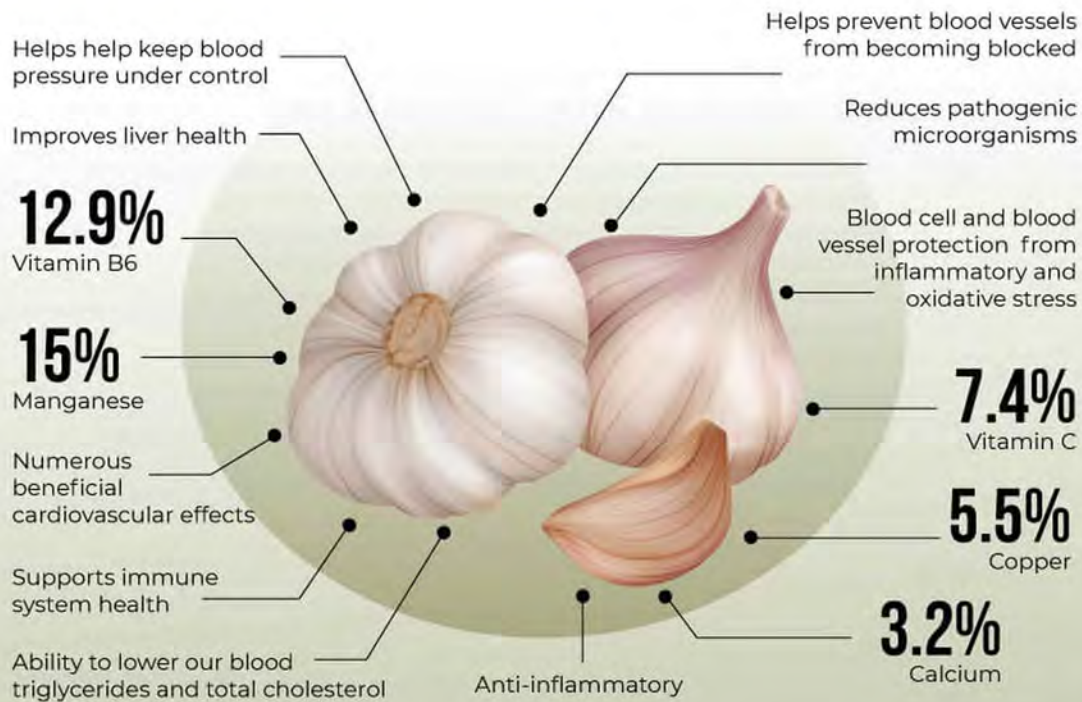
Make green juice with lemon, ginger, garlic and bitter herbs like cilantro, parsley and dandelion along with water-rich veggies like bok choy, cucumber or celery. Drink 16-32oz daily for a week. Stay off of all sugar, dairy and starches. Eat light and use tons of herbs.

Garlic Green Juice:

1 lemon diced into pieces	2 cloves of garlic
2 inches of ginger	1 bunch of parsley
1 whole bunch of bok choy (or 2 medium cucumbers)	
1 bunch of dandelion	1/2 granny smith apple

Put everything in a juicer or a blender and liquefy. This makes about 8-12oz of juice.

GARLIC NUTRITION INFORMATION



HOW CAN YOU CONSUME GARLIC?



Season your favorite foods using raw garlic.



Take capsules or health supplements that contain allicin.



Consume it raw as a powerful natural medicine.



Apply it directly to the skin as an antiseptic.

DID YOU KNOW?

5,000 years ago in Ancient Egypt, slaves received a daily ration of garlic to improve their strength against illnesses.



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10 WAYS GINGER IMPROVES YOUR DIGESTION



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Ginger is composed of several volatile oils that give it its characteristic flavor and odor; zingerone, shogaols, & gingerols. These oils are powerful anti-bacterial, anti-viral, anti-fungal, anti-parasitic agents. In addition, it inhibits cancer cell formation while firing up our body's own inborn ability to destroy the cancer cells formerly present.

One compound called 6-gingerol has been shown to significantly inhibit the production of a highly reactive nitrogen molecule, nitric oxide, that quickly forms the dangerous free radical peroxynitrite. Additionally, ginger helps protect the bodies stores of the super antioxidant & free radical destroyer. Ginger is also a powerful anti-nausea agent and improves the production of digestive juices (stomach acid, bile and pancreatic enzymes) to enhance digestion.

How to Get It:

1. Drink a cup of [organic ginger tea](#) everyday
2. Grate fresh ginger or use dried ginger on your salad, meat and steamed veggies
3. Drink ginger coconut water kefir (Kevita brand – Lemon Ginger is excellent)
4. Get ginger root and put an inch or so in per 8oz of juice. Any more can give too much bite.



About Ginger

Nutritional & Medical Benefits

Medicinal Value

Treats & Prevents:

- Stomach Discomfort
- Motion Sickness
- Nausea
- Stomach Cramps
- Indigestion
- Heartburn
- Among others

Nutritional Value

Main Compound:

Gingerol

Source of:

Fiber
Calcium
Potassium

Holds:

Anti-oxidants
Essential Oils

How to Consume Ginger?

Supplements

Take daily supplements to prevent nausea or motion sickness, and to aid gastrointestinal function.

Natural Remedies

Ginger infusions can be taken after a meal to prevent indigestion or to relieve common colds and inflammation.

Seasoning Food

Its strong flavor can improve stews, soups, beverages, and even desserts such as gingerbread cookies.

Did You Know?

In 13th - 14th century England, one pound of ginger root could only cost as much as a sheep.



Lemon Ginger Tea Recipe

3 inch piece of ginger
2 cups of water
1/4 fresh lemon

Optional: 3-4 drops of lemon drop stevia

Step #1: Peel the ginger and slice thinly

Step #2: Pour into pot and boil the ginger for 10-15 minutes w/lid on.

Step #3: Turn off heat and remove lid and let cool down

Step #4: Once it is warm but drinkable, put in a mug and squeeze lemon and add lemon drop stevia if you want to make it sweet.

Note: The larger the piece of ginger, the stronger the tea and the longer you will need to boil. Boiling for about 10-15 minutes will cause you to lose about 1/2 the water due to evaporation. So if you do a 6 inch piece of ginger root, you will need 3-4 cups of water and 30 mins or so to boil.

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The Amazing Health Benefits of GINSENG



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Certain herbs have beneficial adaptive properties that they pass on to those who consume them to support healthy function. Ginseng has been given the Greek name of Panax which means “all curing” as it has remarkable adaptogenic qualities that benefit individuals no matter what phase of life or stressors they are encountering.

Often time the whole plant is consumed together but the root is the highest prized part of the plant that contains the richest source of adaptogenic molecules. The major active compounds in ginseng are ginsenosides which are saponin molecules in the roots of the plant.

Balance Stress and Detoxify:

Ginseng enhances the overall circulatory patterns in the body which brings fresh oxygen to major regions and improves cellular energy production. It also helps calm and balance the adrenal function allowing for optimal stress hormone release.

The adaptogenic qualities of ginseng have been shown to improve blood sugar signaling in individuals with diabetes and boost energy levels in those with chronic fatigue syndrome.

It has also been thought to strengthen the digestive system, facilitate liver regeneration and detoxify poisons. It also boosts red and white blood cell formation and has the ability to prevent or help to eliminate anemia and improve immunity. It also enhances blood flow to the brain which reduces inflammatory neurodegenerative states and improves creative thinking and memory.

Best Ways to Use Ginseng:

1. Drink 1-2 cups of [panax ginseng tea](#) each day.
2. Put 1-2 tsp of ginseng powder in juices or smoothies
3. Take 500 – 1000 mg 1-3x daily of [panax ginseng root extract](#), at beginning of meals.



AMERICAN GINSENG

- ✓ Reduces Cholesterol
- ✓ Enhances Physical and mental performance
- ✓ Helps inhibit growth of cancerous tumors
- ✓ Normalizes body functions
- ✓ Mild stimulant
- ✓ Helps body adapt to stress

Drink one cup of Ginseng tea daily

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GRASS-FED

BEEF

Is It Superior to Poultry?

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For over 50 years red meat has been vilified for its heart clogging saturated fat & cholesterol content. Poultry products have been marketed as the healthiest animal protein due to their low-fat content. New understandings of health and inflammation now reveal that grass-fed beef is significantly more nutrient dense than poultry.

Saturated fat and cholesterol have been blamed for heart disease and other cardiovascular diseases. Research indicates that saturated fats and cholesterol are necessary for overall cellular health. They play an extremely important role in regulating neurological, cognitive and hormone function. A diet low in these important fats causes lowered immunity, sex hormone function and accelerated aging and brain degeneration.

Red Meat can be a Superfood:

Red meat could be one of the best foods in an individual's diet or one of the worst. The key factor is what the animal is eating. Naturally, cows eat a near 100% green diet of grass, flowers, shrubs and other wild vegetation. Grain feeding is genetically incongruent for these animals and leads to excessive weight gain and fat accumulation.

The typical grain-feed is made up of corn and soy due to the low cost associated with government subsidies. Grain-fed cows are extremely high in omega 6 fatty acids. The average ratio for a cow on a grain-fed diet is roughly 25:1 (omega 6:3). This is genetically incongruent for all mammal species that should naturally be around 4:1.

The Importance of Omega 6:3 Ratios:

Humans should naturally have an omega 6:3 ratio around 4:1 or 2:1. When these ratios become skewed, they trigger cellular inflammation and accelerated cellular degeneration. This environment causes an individual to become highly inflamed and to build degenerative disease.

The more grass an animal eats the greater their omega 3 content and the lower their omega 6 levels. A 100% green-fed diet, which is genetically congruent for a cow would provide an omega 6:3 ratio of 2:1. This is ideal for the cow's long-term health and is highly anti-inflammatory for human consumption. The omega 3 fatty acids present in this meat are primarily the all-important long-chain variety EPA and DHA.

Conjugated Linoleic Acid:

Grass-fed mammals contain high levels of conjugated linoleic acid (CLA). CLA is considered to be one of the most potent anti-carcinogenic nutrients. In a study published in Cancer Research, animals given a mere 1.5% of their total calories in the form of CLA had a 60% reduction in tumor growth.

Finnish researchers have found that the greater the amount of CLA in a woman's diet, the lower her risk of breast cancer. Women who consumed the largest amount of CLA had a 60% lower risk for breast cancer.

Grass-fed Beef Has More Antioxidants:

Grass-fed mammals are also extremely rich in carnitine and carnosine. Carnitine helps cellular mitochondria drive energy efficiently from fat metabolism. Carnitine is the critical gate-keeper that allows fatty acids to pass into the mitochondrial furnace effectively.

Carnosine is a powerful antioxidant that improves muscle, brain & cardiovascular function. It functions to reduce the effects of stress and aging by protecting the proteins of the body which aids in tissue healing and repair.

I get the highest quality grass-fed beef and other pasture-raised animal products from [US Wellness Meats](#) which ships all over the US.



U.S. Wellness Meats
 The Grass(fed) is Always Greener.



Beef's Nutritional Ledger

	Grain-Fed Beef	Grass-Fed Beef
Added Hormones	Usually	No
Fed Antibiotics	Usually	No
Fed Grain	Yes	No
Omega-3 Fatty Acids	0.10	1.22
Omega-6 Fatty Acids	3.10	1.08
CLA	0.21	1.46
Beta Carotene	41.00	87.00
Vitamin E	1.30	5.30
Vitamin A	10.00	52.00
Total Fat	High & Saturated	Perfect Balance
Flavor	Bland/Pasty	Original & Bold
All Other Factor	Fair	Perfect
E. Coli Risk	Present	Not Likely

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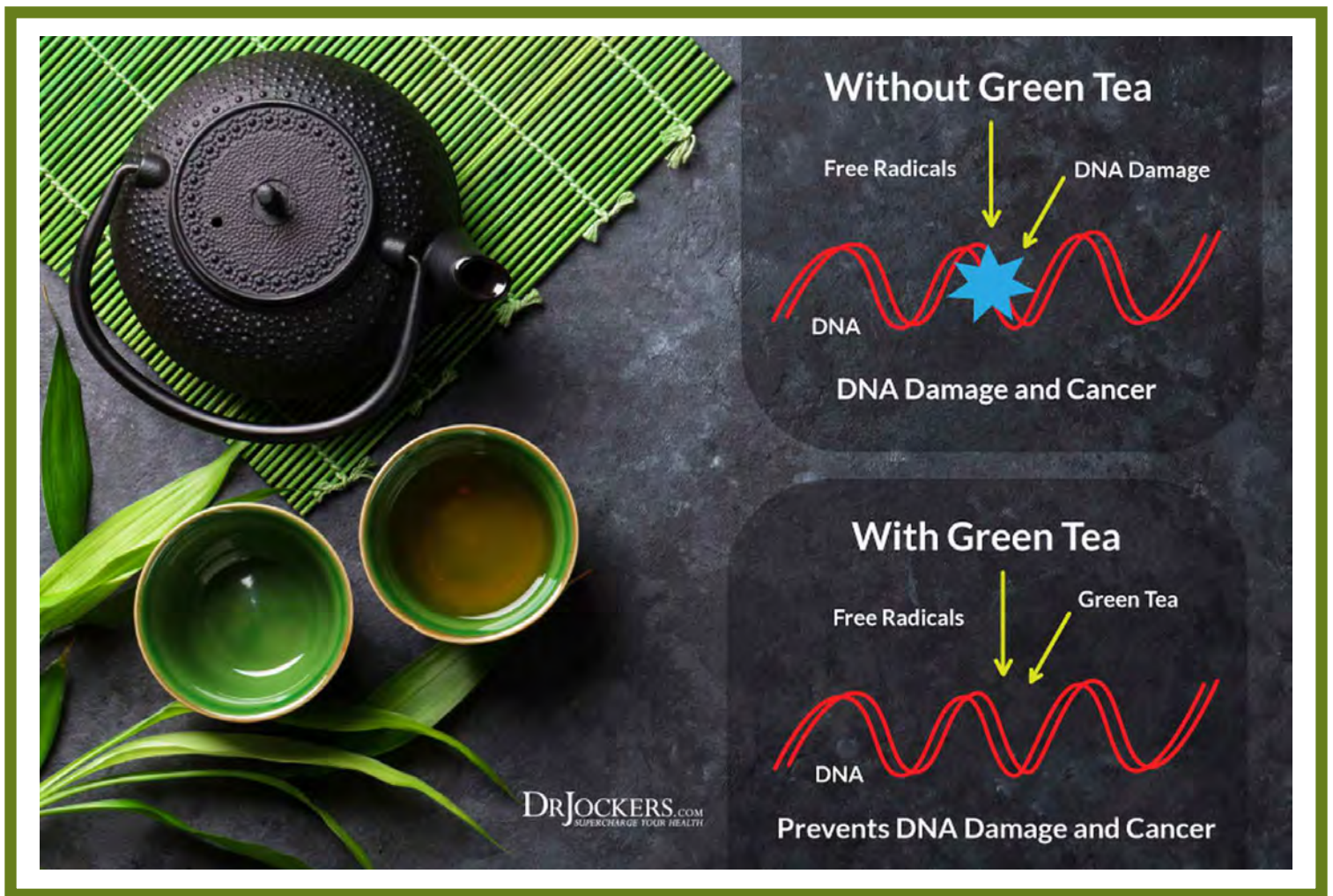


TOP 10 HEALTH BENEFITS OF GREEN TEA

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Green tea is the least processed of the three and contains the highest ORAC (Oxygen Radical Absorbency Capacity) of the three teas. Green tea is rich in the polyphenol antioxidant catechin called epigallocatechin-3-gallate (EGCG). This antioxidant is thought by most to be responsible for the health benefits linked to green tea consumption.

EGCG is considered to be one hundred times more potent than vitamin C and twenty-four times stronger than vitamin E. The powerful ability to scavenge free radicals makes green tea one of the best anti-aging herbs. EGCG is one of a handful of unique antioxidants that has shown an ability to influence mutant DNA formations to potential reverse chronic disease states.



Green Tea and Cancer

A meta-analysis of thirteen studies that was published in *Carcinogenesis* July 2006 demonstrated that women who drink green tea have a 22% lower risk of developing breast cancer than women who do not drink green tea.

A study published in December 2004 in *Cancer Research* discussed how EGCG in green tea was able to decrease insulin-like growth factor-1 (IGF-1) while increasing levels of IGF binding protein-3, which binds IGF-1. This reduces the risk of breast, colon, prostate & lung cancer. It also inhibits key cancer survival proteins and reduces the expression of compounds associated with cancer metastasis.

A study published in *Cancer Research* in March 2005 showed that EGCG inhibits the enzyme dihydrofolate reductase (DHFR) which cancer cells need in order to grow. In fact, DHFR is a common target of many expensive and toxic cancer drugs such as methotrexate.

Green Tea Boosts Immunity:

A November 2005 issue of Antiviral Research demonstrated how EGCG inhibits the flu virus from replicating in a cell culture. Scientists found that it blocks the hemagglutinin enzyme in the virus which inhibits its ability to infect other cells. It also suppresses viral RNA synthesis by altering key properties of the viral cell membrane.

EGCG has been shown to suppress the pathogenic viruses such as Epstein Barr, herpes simplex, HIV-1 and the influenza virus. Green tea contains high levels of L-theanine which has been shown to activate T lymphocytes to proliferate and make interferon gamma If-G. If-G is a potent antimicrobial cytokine that is the first line of defense in the blood stream against infection.

Green Tea

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EGCG may protect against potential carcinogenic agents such as UV radiation, smoking, pentachlorophenol, and heterocyclic amines. EGCG may also work to increase the catabolism of these carcinogens

EGCG in green tea may protect the consumer by inhibiting the growth of bacteria, such as *Helicobacter pylori* in the stomach, which are known to be carcinogenic

EGCG may promote selective apoptosis within tumors by inducing the G1 phase of the cell cycle, by promoting a balance of intracellular phosphorylations that favor apoptosis, or by inhibiting the intracellular enzyme fatty acid synthase

EGCG in green tea may suppress tumor growth by preventing angiogenesis or influencing interleukin production

EGCG may prevent oxidative injury to DNA and cellular proteins. EGCG may also inhibit the formation of intracellular peroxides

Best Ways to Consume Green Tea:

1. Always get [organic matcha green tea](#) which contains 137 times the number of antioxidants as conventional green tea and aim to drink 1-2 cups per day.
2. Not advisable for pregnant or nursing women as the EGCG can reduce folate levels necessary for healthy growth and development.
3. Consume an extra cup of dark green leafy veggies or a methyl-folate supplement 200 mcg per cup of green tea in order to make up for any losses in bioactive folate.
4. Supplement with 400mg to 2 grams daily for optimal cancer killing benefits. Here is the [Nrf2 Power product](#) I formulated that has this.

3 REASONS TO USE HOLY BASIL TO COMBAT STRESS

Holy Basil or Tulsi is one of the most powerful herbs alive. The name “Tulsi” means “The Incomparable One” because of its unique health benefits. The herb was a staple of Hindu mythology and considered sacred by the Indian royalty. Modern science has shown that this distinctive herb is incredibly good for balancing the mind, body and spirit.

Holy basil is a small shrub with scented leaves that is a part of the mint or Labiatae family. It grows wildly throughout south Asia where the natives in these areas have been using it for centuries. It is known to help the bodily systems adapt, balance and increase resilience.

Stabilize Cortisol Levels:

One of the key components that adaptogenic herbs offer is their ability to lower and stabilize cortisol levels. High cortisol drains the precursors to major hormones such as testosterone, progesterone and estrogen.

With less than adequate raw materials, the body becomes sex hormone deficient. This process rapidly accelerates the aging process and makes an individual's life miserable.

Stable cortisol levels result in improved mental clarity and memory. The individual feels as though they are less agitated and anxious and therefore able to perform better and have higher quality of life.

Holy Basil Contains Powerful Antioxidants:

Holy Basil is rich in aromatic essential oils that have powerful effects on the body. These phytonutrient rich oils include ursolic acid, rosmarinic acid, caryophyllene and eugenol among others. These oils have a great smell that naturally boosts mood and spirit. Eugenol has been shown in studies to combat stress and enhance mental clarity.

Holy Basil acts to modulate stress levels and blood sugar levels by stabilizing cortisol and insulin. A study out of the Indian Journal of Clinical Biochemistry indicated that holy basil may reverse some of the damaging effects of diabetes such as neuropathy and retinopathy.

Holy Basil contains vitamin C, vitamin A and essential oils which are all antioxidants that go through the body scavenging free radicals and improving cellular integrity, blood flow and genetic expression. It is particularly good for cardiovascular health and brain function protecting against heart disease and brain degeneration.

Benefits of Tulsi Tea

- Helps slow down the aging process
- Promotes healthy liver function
- Boosts immune system function
- Has antibacterial properties
- Reduces risk of stroke
- Helps fight cancer
- Prevents radiation poisoning
- Increases energy and stamina
- Lowers blood glucose levels
- Lowers fevers
- Lowers cholesterol
- Reduces stress

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Holy Basil Helps the Immune Coordination:

Holy basil helps to strengthen the body's immune system, helping it to fight off opportunistic parasites such as Candida, viruses and MRSA staph infections. As an adaptogen it is able to modulate the immune system turning it up higher when it is necessary to fight a toxic invader.

It also has the ability to quiet down the immune system to reduce inflammation when it isn't necessary. The strength and coordination of the immune system plays a very important role in preventing and destroying cancer cell growth.

A 2007 study published in the *Journal of Medicinal Food* described holy basil's ability to combat the development of cancer. It significantly reduced the formation of cancerous micronuclei, while increasing antioxidant levels and healthy enzyme activity.

How to Get It:

You can get it as a pure organic capsulated supplement from Organic India [here](#) or an Organic India herbal tea combination with green tea [here](#)

6 Herbs To Reduce Stress



Panax Ginseng (Asian Ginseng)

Used to promote a sense of well-being, as an anti-depressant, for memory, energy and even as an aphrodisiac!



Ashwagandha

Helps stabilize mood and support optimal physical and emotional well-being. Improves memory, focus and endurance.



Rhodiola (Golden Root)

Used to treat stress, depression, fatigue and is also believed to increase mental performance.



Reishi Mushroom

Reduces anxiety, alleviates insomnia, combats fatigue and lowers blood pressure.



Holy Basil

Alleviates stress, headaches, colds, digestive problems and inflammation. Recent studies have also shown it's a powerful antioxidant and may even be able to reduce blood glucose levels.



Cordyceps

Promotes liver function, supports immune system, relieves anxiety, increases energy and can improve mental clarity.

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6 Incredible Health Benefits of Kale

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Kale is widely regarded as one of the world's most powerful superfoods. It is a member of the Brassica family of vegetables that includes cabbage, collards, and Brussel sprouts. These vegetables are known for their richness in antioxidants and sulfur containing phytonutrients.

Some of the hottest nutrients present in kale include the glucosinolates such as sulforaphane. These super-nutrients help to activate detoxifying enzymes in the liver that play an important role in neutralizing carcinogenic substances. Sulforaphane has been shown to alter the genetic expression of the liver allowing to more effectively use its detoxification enzymes.

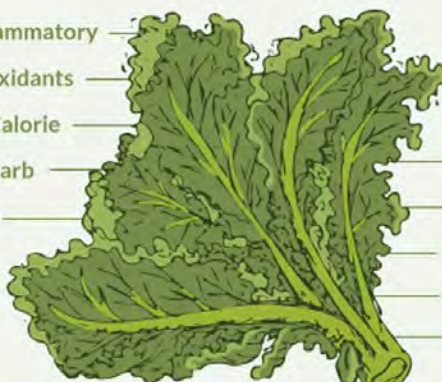
How to Maximize Nutrient Content in Kale?

Another glucosinolate phytonutrient present in kale are isothiocyanates. Isothiocyanates have been shown to inhibit carcinogenesis and causes cancer cell apoptosis. When kale is broken (chopped or chewed) an enzyme myrosinase interacts with glucosinolates to release isothiocyanates. This increases the amount absorbed by the body.

However, the absorption of isothiocyanates is lower from cooked than from raw kale. In fact, boiling kale from 9-15 minutes can result in an 18-59% decrease in the total glucosinolate content. Steaming or sautéing kale reduces nutrient losses.

Kale is an especially potent source of anti-oxidants. In fact, kale ranks highest among all vegetables in its concentration of the carotenoids beta-carotene, lutein and zeaxanthin. These yellow-orange pigments are critical for the plants defense against excess solar radiation.

Kale



Anti-Inflammatory

Antioxidants

Low Calorie

Low Carb

Lutein

Potassium

Vitamin K


Calcium







Vitamin C

Vitamin A

All hail to kale! Seemingly everywhere you turn, kale is a vital vegetable, rich in nutrients, health benefits and delicious flavor.

What is it good for?




-  **Eyes**
-  **Reduces the risk of heart disease and cancer**
-  **Skin**
-  **Weight loss**
-  **Lowers cholesterol**
-  **Bones**

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Per calorie, Kale has

Rich in Phytonutrient; Tastes great sauteed in Coconut oil or Marinated with Olive oil sea salts

 More calcium than milk

10X more Vitamin C than Spinach

HIGHS

Vitamins A, C & K, Calcium, Potassium, Folic Acid, Lutein, Carotinoids, Antioxidants

LOWS

Calories
Fat
Carbs

Kale Protects us from UV Light Radiation

According to Dr Dean Kopsell, a leading plant biologist, plants evolved carotenoids in order to protect themselves from high levels of UV light exposure. “Plants use only about one or two percent of the light energy falling on the leaf surface for photosynthesis,” Kopsell says. “In plants, lutein and zeaxanthin play a role in absorbing light outside the red and blue range and funneling it away, in essence acting as a chemical “sun block” that helps protect the plant from excessive radiation.”

The Curran-Celentano's project analyzed twenty-three varieties of kale and all the genetic, environmental, & geographical factors to maximize the amount of xanthophyll carotenoids lutein and zeaxanthin.

They also modified the sulfur and nitrogen content of soils to alter antioxidant content and temper the strong flavors in kale that some people don't like. The researchers discovered the varieties with the highest concentrations had two and a half times the carotenoid levels of those with the lowest concentrations.

These findings indicate that the nutritional value of the kale comes down to the conditions of the soil it was grown in. Soil health is strongly dependent upon the composting, fertilizing, and rotational cycles used by the farmer.

It has been shown that organic varieties of kale grown in nutrient rich soil are superior to commercially grown varieties of kale. It is highly recommended to seek out kale from local, organically grown farms and gardens.

Best Ways to Use It:

Cruciferous veggies are not easy to digest and are not advisable to eat raw on a regular basis unless they are juiced or blended into a smoothie. Here is how I recommend using it:

- 1. Juice It:** This is the best way to maximize nutrient absorption
- 2. Steam It:** Melt grass-fed butter or ghee over it after it is steamed and add in herbs such as oregano and basil.
- 3. Sautee It:** Sautee it up with coconut oil and diced garlic for a tasty side dish
- 4. Make Kale Chips:** Roast them in the oven with sea salt or a healthy marinade.

HEALTH BENEFITS OF KALE

- ✓ Supports Fat Burning
- ✓ Antioxidant rich
- ✓ Helps keep skin healthy and strong
- ✓ Anti-inflammatory
- ✓ Helps to activate detoxifying enzymes in the liver
- ✓ Improves energy
- ✓ High in Protein
- ✓ Protects against Macular Degeneration
- ✓ Immune Boosting
- ✓ Packed with Phytonutrients
- ✓ High in Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium, Phosphorous, Calcium, Potassium, Copper and Manganese, Vitamins A,C,K, and B6

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A close-up photograph of a dark blue ceramic bowl filled with a vibrant green seaweed salad. The salad consists of thin, sliced pieces of seaweed, likely wakame, garnished with small white sesame seeds. A pair of wooden chopsticks is visible on the left side of the bowl. The background is a blurred, light-colored surface.

6 MAJOR HEALTH BENEFITS OF SEA KELP

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6 Major Health Benefits of Sea Kelp

Most people know about the health benefits of wild fish, but they fail to realize that the major food source for most fish is sea vegetable. Kelp is a group of large sea algae that is commonly referred to as seaweed. This amazing plant species has been used for many years by sea dwelling cultures. It is renowned for its powerful nutritional benefits.

The healthiest cultures around the world are typically coastal communities who feasted on seafood and sea vegetables. Today, we can incorporate these foods into our diet regardless of where we live. Here are 6 powerful reasons you will want to add more kelp and other sea vegetables such as dulse, nori & kombu in your diet.

1. World's Most Potent Sources of Iodine:

Kelp is considered the world's most potent source of naturally occurring iodine. Some species have been known to concentrate iodine by up to 30,000 times the amount in sea water. Iodine deficiencies are becoming increasingly common throughout the world.

The areas with the least amount of iodine deficiencies are typically coastal regions where seaweed is readily available. Iodine deficiencies are known to cause hypothyroidism and goiter formation. Kelp has been used for many years as a remedy for these problems.

2. Kelp Boosts Glutathione:

The Japanese call several Pacific species of kelp Kombu. These cultures use Kombu in many traditional dishes such as soups, stews & sushi. Kombu is a powerful source of natural glutamic acid which is a precursor to the bodies master antioxidant glutathione.



6 MAJOR HEALTH BENEFITS OF SEA KELP

-  **WORLD'S MOST POTENT SOURCES OF IODINE**
-  **KELP BOOSTS GLUTATHIONE**
-  **KELP AND BLOOD SUGAR CONTROL**
-  **ANTI-INFLAMMATORY POLYSACCHARIDES**
-  **VIRUS PROTECTION**
-  **BLOOD CLOT REDUCTION**

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3. Kelp and Blood Sugar Control:

Sea vegetables like kelp are also a great source of the mineral vanadium. Vanadium helps form the halo peroxidase enzymes that help provide a natural antioxidant defense that has allowed these sea vegetables to flourish.

Vanadium is a critical trace mineral that enhances insulin signaling and blood sugar balance by inhibiting the tyrosine phosphatase enzyme. This process also reduces glucose formation and enhances the body's ability to store sugar in the form of muscle and liver glycogen. This is an important adaptation that helps the body withstand stress more effectively.

4. Anti-Inflammatory Polysaccharides:

Sea vegetables also contain a unique group of polysaccharides called fucoidans. These fucoidans have a characteristic branching pattern with sulfur containing molecules. They are being widely studied for their ability to reduce inflammation within the body. These sulfated fucoidans have been shown to reduce pain, fight viruses and prevent atherosclerosis.

New research is looking at these fucoidans as anticancer agents in preclinical development.

KELP Nutrition Facts

One ounce (28 grams) of kelp contains about

CALORIES	12 kcal	FIBER	0.4g	FAT	0.2g
PROTEIN	0.5g	CARBS	2.7g		

Vitamin K	18.5 mcg 23% DV
Folate	50.4 mcg 13% DV
Magnesium	33.9 mcg 8% DV
Calcium	47 mcg 5% DV
Iron	0.8 mcg 4% DV
Manganese	0.1 mcg 3% DV

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5. Virus Protection:

These sulfated polysaccharides have also been shown to block the typical binding sites for many viruses such as Herpes. By blocking binding sites, the virus is unable to replicate. Without adequate replication, the viruses are unable to survive.

6. Blood Clot Reduction:

These sulfated polysaccharides are also revered for their powerful ability to reduce blood clots. Heparin (Coumadin) is a popular medical agent used to reduce clots. Heparin is also a sulfated polysaccharide although it is a synthetically derived form.

Both of these reduce platelet cell coagulation that forms blood clots. Heparin comes with a number of dangerous side effects while naturally occurring sulfated polysaccharides in kelp have no known side effects.

Where to Get Good Sea Vegetable:

Due to radiation fall-out from Fukushima, I don't recommend getting pacific coast kelp. You want to look for kelp from the clean waters of the Northern Atlantic and in particular the Maine coast.

I will on occasion snack on some dried kelp or use it in soups and stews. Most people don't prefer the taste of dried kelp but may want to use it to make sushi or to flavor soups and stews. You can find good Maine coast dried kelp and easy to use dulse flakes. If I am at a restaurant that serves natural food, I will often order a seaweed salad or some sushi, which are both great sources of sea vegetable.

On a daily basis, I use one of my favorite herb mixes called **Herbamare** which contains kelp. I simply use this generously on guacamole, meat dishes, vegetable dishes, etc. If you use herbs like this daily you will support your immune system, improve your iodine status and gain the powerful nutritional benefits of kelp!

Boost Your Energy with

Lemon Water



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Lemon Boosts Energy & Detoxification

The food and beverages we eat provide electrically charged molecules that initiate energy production in our body. An ion is part of a molecule that carries an electrical charge. Positively charged ions are called “cations,” while negatively charged ions are called “anions.”

Most of the food we put into our bodies comes in a cationic form, while our natural digestive processes (hydrochloric acid, digestive enzymes, saliva) are anionic. Lemon is one of the only anionic foods on the planet. This means that it carries a very strong negative charge and is extremely electrically active.

Fresh lemon helps oxygenate the body and maximizes enzyme function. Lemon is known to stimulate the liver’s natural enzymes. This assists the liver in the process of dumping toxins like uric acid and of liquefying congested bile ducts.

Citric Acid Cleanses the System

Citric acid can also play a very important role in chelating out abnormal calcium stones. It has a unique ability to form soluble complexes with calcium that many

have used to eliminate pancreatic stones and kidney stones. This mechanism can also help prevent calcium deposits from building up in the arteries that promote cardiovascular disease.

Clean water with lemon provides the body with hydration, antioxidants and electrolytes. Lemon is a rich source of the immune boosting vitamin C. It also has good quantities of electrolytes such as potassium, calcium and magnesium. Lemon is a tremendous source of citrus bioflavonoid antioxidant phytonutrients that have been given the label Vitamin P.

Vitamin P Improves Cellular Oxygenation:

Vitamin P consists of the flavonoid glycosides' hesperidin and naringenin among others. Studies have shown that vitamin P enhances the antioxidant capability of vitamin C. These bioflavonoids also improve capillary permeability and overall blood flow. This is especially important for oxygenating tissues and maintaining normal blood pressure. These antioxidants have also been shown to reduce swelling, venous backup and edema.

Upon rising take 1 full lemon and squeeze it into 16-32 oz of fresh clean water and drink. Be sure to eat out the membranous parts of the lemon where the majority of the pectin fiber and citrus bioflavonoids are located. Stevia can be added to form sugar-free lemonade. Apple cider vinegar and various herbs can be used to boost enzymatic and antioxidant potential.

Lemon Water Benefits



1 Aids in Digestion & Detoxification
Because lemon juice's atomic structure is similar to the digestive juices found in the stomach, it tricks the liver into producing bile, which helps keep food moving through your body and gastrointestinal tract smoothly. Lemon water also helps relieve indigestion or ease an upset stomach.

2 Helps the Body Use Fat For Fuel
Regularly sipping on lemon water can help you lose those last pounds. That's because lemons contain pectin, a type of fiber commonly found in fruits. Pectin helps you feel full longer.

3 Improves Mood and Energy
Skip the morning cup of coffee – lemon water can boost energy levels without the caffeine crash. When negative-charged ions, like those found in lemons, enter your digestive tract, the result is an increase in energy levels.

4 Improves Vitamin C Levels
Because your body doesn't make vitamin C on its own, it's important to get enough of it from the foods and drinks you ingest, like lemon water. Vitamin C stimulates white blood cell production, vital for your immune system to function properly, and also protects cells from oxidative damage.

5 Rejuvenates Skin & Body Healing
The antioxidants in lemon water fight damage caused by free radicals, keeping your skin looking fresh. It also helps the body produce collagen, essential in smoothing out lines in the face.

Applying This in Your Life:

Lemon water is a fantastic way to start your day for all the reasons explained above. The challenge with the lemon water is that it can erode the enamel on one's teeth. To avoid this, you want to rinse your mouth out with clean water and get any of the extra citric acid out after drinking the lemon water.

You can also do oil pulling with coconut oil to improve the health of your teeth, gums and oral cavity. The combination of drinking lots of lemon water and oil pulling is especially helpful for detoxification.

Another great option is to use 1-2 drops of lemon essential oil in 4-8oz of water and drinking that throughout the day. Lemon essential oil is the blood of the plant and contains all the health benefits of lemon in a small drop. No major squeezing or cleaning involved!

5 Ways to Get More Lemon In Your Life

- 1 Morning Energy Tonic
- 2 Use Before Meals to Stimulate Digestion
- 3 Sprinkle on Meat and Veggies
- 4 Use It In Recipes
- 5 Lemon Essential Oil



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6 Amazing Health Benefits of Milk Thistle

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Milk Thistle Improves Detoxification:

Milk thistle is a flowering plant that is part of the daisy family. It gets its name from its bristly and prickly nature and the “milky” sap that oozes out of the plant. The leaves, fruits and seeds of milk thistle have been used for centuries as a natural medicine. Milk thistle is one of the world’s most powerful liver detoxifying agents.

Milk thistle was used by medical herbalists in the late nineteenth century to treat varicose veins and liver, spleen and kidney disorders. Today, it is primarily used to improve the function of the liver, kidneys and gastrointestinal system. Many individuals have seen dramatic improvement using milk thistle for health issues such as psoriasis, menstrual problems, jaundice and poor circulation.

Milk Thistle and Liver Health:

The active antioxidant compound within milk thistle is the flavonoid complex called Silymarin. This antioxidant is one of the most powerful liver detoxifying agents. It helps to boost glutathione and superoxide dismutase which are two the bodies master super antioxidants.

One study found that silymarin increased glutathione content in the intestines and liver by up to 50%. Boosting glutathione helps protect the intestines from inflammatory damage that leads to ulcers and colitis. Milk thistle guards the liver's numerous hepatic cell membranes and slows the rate at which toxins can be absorbed into the liver. Research has shown that silymarin enhances protein synthesis to enhance liver cell regeneration and counteract the effects of poisons on the liver. It has been used to treat alcoholic hepatitis, alcoholic fatty liver, cirrhosis-liver poisoning and viral hepatitis.

Silymarin and Kidney Health:

Silymarin concentrates in kidney cells where it helps repair and regenerate protein enzymes and DNA. One study indicated that it increased kidney cell replication by 25-30% over control groups. This is extremely important for individuals who have suffered mild to severe kidney damage from infections, kidney stone formation or environmental toxins.

The kidneys are one of the major organs that are damaged by chemotherapy agents. Research has shown that the major compounds in silymarin protect the kidneys from these dangerous drugs. In particular, they protect the cell membrane of the kidney cells allowing for healthy cell receptor activity. Silymarin is considered to be 10 times as potent as Vitamin E and increases the activity of the powerful anti-oxidant superoxide dismutase (SOD) in red and white blood cells in patients suffering with liver disease. This increases oxygenation and immunity.

Studies have shown that the major compounds of silymarin are silybin and silychristin. These compounds have low absorption rate at about 20-50%. It is better to use milk thistle in a standardized extract. Milk thistle can also be fermented in an organic acid base for optimal digestion and nutrient assimilation.



Milk Thistle
Benefits

Milk Thistle is the most commonly used medicinal plant in the world for liver health. Prescribed to treat alcoholic cirrhosis and chronic hepatitis.

- Lowers cholesterol levels.
- Improves blood sugar levels.
- Contains numerous anti-aging properties.
- Reduces cell damage caused by radiation and chemotherapy treatments.

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12 BEST WAYS TO USE OREGANO



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Oregano has a warming and aromatic flavor to it. It can be very hot and bitter at times when it is picked fresh. The bite usually wanes as it is dried. Oregano became a staple of Italian-American foods. American soldiers who were stationed in Europe during World War II brought oregano back as the “pizza herb.” It was soon used in more popularity in pastas, grilled/roasted veggies, meat & fish. It is also popularly used in meat marinates and salad dressings.

Oregano Oil is an extraordinarily powerful natural anti-biotic. Oregano has been found in studies to be significantly better than all of the 18 currently used anti-biotics in the treatment of MRSA staph infections and challenging microbial biofilms. The strong phenol anti-oxidants destroy pathogenic bacteria, viruses and yeasts.

Incredible Antioxidant Capacity

This super herb is very rich in antioxidant phytochemical flavonoids and phenolic acids. It is the third highest herb in oxygen radical absorbency capacity (ORAC) with an impressive score of 175,295. Oregano is one of the world’s greatest sources of the powerful phenol component thymol.

Thymol is great for improving digestive function as well as destroying harmful microbes. The USDA ranks oregano's antioxidant capacity anywhere from 3 to 20 times higher than any other herb. Oregano has four times the antioxidant power of blueberries, 12 times that of oranges and 42 times greater than apples.

Oregano is an Anti-Microbial:

Oregano oil has been classically used as a disinfectant, an aid for ear, nose, & throat/respiratory infections, candida, and any sort of bacterial or viral conditions. Additionally, it works to suppress inflammatory mediators and cancer cell production. Oregano oil is more potent than the dried herb; however, the dried version still contains many powerful health benefits.

Studies have shown that carvacrol, a phenol antioxidant within oregano has powerful anti-inflammatory and anti-microbial activity when applied to food or taken in supplement form. Oregano also contains rosmarinic acid which has very strong cancer fighting properties.

Best Ways to Use Oregano and Oregano Oil:

- 1. Sore Throats:** Put 1-3 small drops of [oregano essential oil](#) in water – this will help prevent or be a great therapy for sore throats and respiratory infections
- 2. For Ear Infections,** place 3 small drops oregano essential oil and 1 tsp of coconut oil and mix and apply the mixture to a cloth and rub around the outer region of a children's ear.
- 3. Dried Oregano:** Use dried oregano on salads, steamed or sautéed vegetables and meat dishes.
- 4. Vegetable Juice:** Use 1/4 cup of fresh oregano leaves in a vegetable juice
- 5. Soups and Stews:** Put dried or fresh oregano in soups, stews and bone broths
- 6. On Meat:** Put fresh or dried oregano on grilled or BBQ meat. When animal protein is cooked at high temperatures it creates highly reactive free radicals. The oregano will help to buffer the effects of these free radicals and improve the flavor of the meat.
- 7. Oil Pulling:** Oil pull with 1-2 drops of oregano essential oil and a half teaspoon of coconut oil in your mouth and swish for 10-15 minutes and then spit in trash can. This reduces microbial load in your oral cavity and improves immune health. For more on the benefits of oil pulling read this article.
- 8. Household Cleaning Products:** Make household cleaning agents using a few drops of oregano essential oil with water, white vinegar or hydrogen peroxide \
- 9. Cuts and Burns:** Put 3 drops of oregano oil and 1 tsp of coconut oil and mix and place on cuts, burns and wounds (it will burn) to disinfect the area

- 10. To Eliminate Acne and Warts** – Dip a Q-tip in 3-5 drops of oregano oil mixed into 1 tsp of coconut oil and put on acne or warts – 2-4x daily. This will kill off bacteria and reduce inflammation in the infected area and allow it heal more effectively.
- 11. Hand Sanitizer:** Take 10 drops of oregano oil and combine with 2 tbsps. of coconut oil and make a mixture that you can use to rub it into your hands as a natural hand sanitizer
- 12. Laundry Soup:** Add a few drops to your laundry wash to sanitize your clothing naturally and to provide a nice fragrance for your clothes. Remember that oregano essential oil is particularly strong so use it at the tolerance level you can comfortably enjoy!

Oregano

Benefits & Uses

- FIGHTS OFF COLD VIRUSES**
The powerful antiviral and anti bacterial properties of oregano oil make it a great choice.
- ASTHMA SUFFERERS**
Oregano is full of compounds that help to clear our lungs and airways of excess mucus.
- STIMULATES APPETITE**
Oregano helps to loosen and relax the muscles that line our stomachs. This in turn affects our appetites.

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4 WAYS PUMPKIN SEEDS CLEANSE YOUR BODY

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Pumpkin seeds are an excellent food source which you can add to your diet daily to improve your body's ability to cleanse and improve overall health.

1. Pumpkin Seeds Are Anti-Parasitic

Parasitic infections in the intestinal tract disrupt the body's ability to absorb nutrients. Parasites such as tapeworms harm the body by stealing nutrients and drastically reducing our ability to maintain healthy digestion. One study affecting 115 patients with adult tapeworms in their intestinal tract found extraordinary results with limited side effects from treatment using pumpkin seeds.

Following treatment, all patients either expelled the tapeworms entirely, in pieces or had no further evidence of tapeworm infection. Although results occurred within a couple hours for some individuals, the successful removal of the parasite was observed to occur within 15 hours following treatment.

2. Pumpkin Seeds Are Full of Nutrients

The following list provides only some of the sources of nutrients which support the intestinal tract in removing toxic build up and cleansing the bowels of contaminants which can cause lowered immunity, diseases and cancer.

- Zinc & Magnesium
- Vitamin A & Vitamin K and Alpha Linoleic Acid (omega 3)
- Variety of B vitamins including thiamin, folate, niacin and vitamin B-6
- Potassium & Phosphorus
- L-Arginine, glutamic acid and 16 other amino acids

3. Pumpkin Seeds Promote Heart Health

Different pumpkin seed varieties have a range of health benefits associated with a decreased risk of developing cardiovascular problems. Pumpkin seeds contain nutritional sources of antioxidants and healthy fats which do not only promote digestion, but also improve heart health by cleansing toxic waste that has accumulated in the cardiovascular system.

4. Pumpkin Seeds Improve Blood Sugar

Poor blood sugar control can be a result of increased refined carbohydrates and sugar. Lifestyle changes such as adding pumpkin seeds to our diets may not only help lower blood sugar levels but also reduce inflammation of the gastrointestinal tract and manage cravings. Pumpkin seeds are suggested to regulate glucose metabolism and prevent against hyperglycemia.

Tips for Using Pumpkin Seeds

Environmental contaminants and toxins can build up in the intestinal tract contributing to the development of disease and cancer. Making pumpkin seeds a staple food source in your kitchen can help you cleanse these foreign invaders from your body. Storing pumpkin seeds in the refrigerator helps to extend the nutritional content of pumpkin seeds up to 6 months. Just like other nuts and seeds, pumpkin seeds contain oil which can go rancid over time when kept for long durations at room temperature.

Sprouting pumpkin seeds helps to release some of the “anti-nutrients” they contain. As a result, the vitamins and minerals in pumpkin seeds become more readily digested and absorbed. To remove some of these anti-nutrients, seal a glass container with pumpkin seeds covered in water for 24 hours. Rinse the seeds and allow drying before use in cooking.

You can also purchase [Go Raw sprouted pumpkin seeds](#) that are incredibly tasty and enjoyable!

THE AMAZING BENEFITS OF PUMPKIN SEEDS

Eaten raw, pumpkin seeds are essential for skin health and wound healing. Their rich antioxidant and anti-inflammatory properties also help lower cholesterol and strengthen the immune system.

NUTRITIONAL FACTS

- ✓ Rich in prebiotic fiber to support the gut microbiome
- ✓ Loaded with minerals, including magnesium, potassium and zinc
- ✓ Zinc makes pumpkin seeds great for immune, skin and mental health.
- ✓ Great source of vitamin A, E and B vitamins



PUMPKIN SEED PESTO

1/4 cup raw
Pumpkin Seeds

1 large bunch of
fresh cilantro,
minced

Juice of half a lemon

1 tbsp. of extra virgin
olive oil

1/2 clove of fresh garlic,
chopped

Pinch of sea salt



1. Place all ingredients in a blender and purée
2. Serve over salad or raw zucchini "pasta"

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5 AMAZING HEALTH BENEFITS OF PARSLEY

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The Blood Purifying Effects of Parsley:

Parsley is considered the world's most popular garnish. Parsley was originally cultivated in Europe and the Middle East but has become a staple in American cuisine. This herb has remarkable healing and blood purifying benefits that classify it as a superfood.

Parsley has been revered throughout history and used for both culinary and medicinal purposes. The Greeks made crowns of parsley to bestow upon their sports champions. It was used for the Hebrew celebration of Passover as a sign of rebirth in the spring. The Romans used it to deodorize corpses before funerals.

Antioxidant Powerhouse:

It contains a unique combination of nutrients that make it a powerful superfood. The volatile oil compounds myristicin, limonene, eugenol, and alpha-thujene have been shown to inhibit tumor cell formation. Additionally, parsley is rich in flavonoids-including apiin, apigenin, crisoeriol, and luteolin that have strong antioxidant properties

Parsley also contains about three times the amount of vitamin C by volume as an orange. Vitamin C is extremely important for healthy immune function and youthful skin & joints. Additionally, it contains carotenoid antioxidants lutein and zeaxanthin which enhance eye function and help the body neutralize damage from UV radiation. Parsley is also particularly rich in chlorophyll, the energy producing substance that gives herbs and plants its characteristic green color. Chlorophyll helps to alkalize the body, purify blood, and form new red blood cells. In addition, the chlorophyll and flavonoids in parsley help to enhance cellular glutathione formation, allowing the body to detoxify and heal more effectively. Through these properties, parsley is able to improve cellular oxygenation properties. Increased oxygenation = increased cellular energy = increased detox & healing mechanisms.

Parsley Improves Breath and Body Odor:

The rich chlorophyll content is also a great body odor and breath freshener. Chlorophyll acts as an anti-mutagen and it reduces odor causing bacteria which are responsible for producing bad breath and body odor. Parsley combines well with garlic and onions and reduces the strong pungent body odor these sulfur rich foods are known to cause. Parsley dipped in apple cider vinegar is especially useful for reducing body odor and improving digestive function. The natural acids, chlorophyll and enzymes present in this food combination synergize to enhance the intestinal microflora. This is one of the best aids for neutralizing acid reflux, gas and bloating.

How to Use It:

1. Put it in fresh vegetable juices, teas or smoothies
2. Add it to salads or garnishes on meat dishes and soups

PARSLEY KIDNEY CLEANSE TEA

Parsley is one of the very best herbs for supporting optimal kidney health and it works to get rid of extra fluid retention, balance electrolytes, purify the blood and reduce oxidative stress in the body. Drink this daily for improved kidney health.

- 1 Mix 1 tablespoon of freshly crushed parsley in 1 cup of boiling water.
- 2 Cover it and let it steep for about 5-7 minutes.
- 3 Then strain it and drink it to get rid of the problem.
- 4 Regular intake of this parsley tea will help you to strengthen your kidney function.



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5 WAYS PEPPERMINT CAN BE USED AS MEDICINE

Mint has been used for thousands of years for its culinary, medicinal and aromatic components. It is commonly spoken about in Greek folklore as a smell that was delightful to the senses.

Peppermint contains many vital nutrients such as magnesium, calcium, folate, potassium, copper, vitamin A and C. The greatest benefits come from the menthol, menthone and menthol esters. These oils have very powerful healing and soothing effects within the body and when applied on the skin.

Peppermint is a Digestive Aid:

Peppermint is a carminative herb that stimulates the digestive system to work better. Carminatives contain volatile oils that are effective at expelling gas and easing griping pains from the stomach and intestines. They help to tone the mucous surfaces and increase peristaltic activity to move food and wastes through the system gently.

The menthol component of peppermint acts as a natural muscle relaxer and has been shown to relax the smooth muscle of the gut wall. This helps relieve symptoms of irritable bowel syndrome, indigestion and acid reflux.

Peppermint is an Anti-Microbial:

Other studies have indicated that peppermint essential oil acts as a potent anti-microbial. It stops the growth of helicobacter pylori bacteria which is the pathogen related to stomach ulcers. It also is effective against E Coli infections which are the most common form of urinary tract infections and are also associated with many cases of food poisoning.

Peppermint has been shown to inhibit the spread of anti-biotic resistant Staphylocococcus aureus (MRSA) which have become a growing epidemic. Additionally, it is also a powerful defense against Candida and other pathogenic yeasts.

Peppermint has Anti-Tumor Properties:

Peppermint also contains a unique phytonutrient called monoterpene in the form of perillyl alcohol. Several animal studies have indicated that monoterpene's inhibit the growth of mammary, pancreatic and liver tumors. It also protects against cancer growth in the colon, skin and lungs.

Peppermint Improves Respiration:

Peppermint contains rosmarinic acid which has been shown to block the production of proinflammatory chemicals called leukotrienes. Rosmarinic acids also encourages cells to produce key molecules that keep the airways open for easy breathing.

This is especially useful for individuals prone to asthmatic attacks and high anxiety. It is also great for relieving nasal congestion and clearing the sinuses.

Peppermint Improves Brain Function:

The methanol component of peppermint has also been shown to improve circulation throughout the body. This is especially true in the brain where peppermint oil helps to enhance cognitive processing and stimulate creative thought. Increased circulation in the brain leads to new creative energies and elevated mental stamina and improved memory formation.

How to Get Peppermint:

1. You can get the herb fresh or dried and add to salads. Always look for it in an organic form.
2. Use a high quality, [organic peppermint tea](#)
3. Use a purified [peppermint essential oil](#) in your water, on your skin and diffused in the air

PEPPERMINT

Cool and Invigorate

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- Inhale deeply to invigorate lungs and increase alertness
- Apply to neck and forehead with Lavender to calm headaches
- Add to water in a spray bottle and mist body when overheated
- Use with Lemon in water for a healthy, refreshing mouth rinse

RED ONIONS

ANTI-INFLAMMATORY POWER



Red onions get their bite from the many sulfur groups they contain. These sulfur groups include the diallyl sulfides: DMS, DDS, DTS & DTTs. These sulfur groups help produce cysteine within the body that aids in weight loss, detoxification and cancer prevention. Additional research has shown that sulfur compounds have a strong anti-oxidant capacity that inhibits blood cell clumping.

Red onions are also a rich source of the flavonoid antioxidant quercetin and the polyphenol antioxidant anthocyanin. These anti-oxidants prevent the oxidation of dietary and cellular fatty acids. They are very powerful free radical scavengers that neutralize cancer cell growth and dramatically reduce whole body inflammation.

Maximize the Nutrient Value:

The anti-oxidant flavonoids are extremely rich in the outer layers of the onion. Many people will peel off the first few layers and lose much of these critical nutrients. Be sure to utilize the outer, fleshy edible portions as much as possible. Over peeling, by taking off the outer 2 layers of flesh will cost one about 20% of its quercetin and over 75% of its anthocyanins.

Simmering onions in a soup or broth will damage some of the anthocyanins but not the quercetin. The quercetin moves into the soup or broth. The lower the heat the more nutrients will be contained in the soup or broth. Studies have shown that 4-7 servings of red onions each week (equivalent to about 2-3 onions) has been associated with the greatest benefit in reducing colorectal, oral, laryngeal, esophageal & ovarian cancer.

Frequently Asked Questions with Onions:

1. Do I Need to Purchase Organic Onions?

Because onions are covered in a thin skin and are very sharp and pungent, they repel pests. They are not highly sprayed with toxic herbicides and pesticides and therefore can be purchased non-organic without significant risk for toxic chemical exposure.

2. How Do I Reduce the Effect Onions Have on My Breath?

You can reduce the negative effects onions and other sulfur rich foods (garlic, shallots, radishes) have on your breath by consuming green veggies, bitter herbs such as dandelion, parsley or cilantro and herbs such as rosemary, fennel and peppermint. I often advise my clients to consume parsley or make a green drink on days when you are consuming a lot of raw onion.

3. Do I Get the Same Benefits from Cooked Onions as I Do with Raw Onions?

No, you will certainly lose much of the nutrient content but you will still get some of the benefits so it is better to consume cooked onions than no onions at all.

4. What if Onions Give Me Gas When I Eat Them?

Onions have very healthy polyphenols (quercetin) that help to improve the makeup of our gut microflora. For most individuals, they are extremely good for the gut microbiome. However, they also contain fructan sugars that are part of the FODMAP group.

Some individuals with small intestinal bacterial overgrowth (SIBO) and other digestive issues can struggle to digest these sugars. This can lead to gas and bloating. If you notice gas, bloating, cramping when consuming onions than take them out of your diet and follow a low FODMAP diet for a period of time while you work to heal your gut.

5. Do Vidalia Onions and White Onions Have the Same Benefits as Red Onions?

The Vidalia and white onions are very healthy as they do contain the sulfur compounds, quercetin and chromium. However, red onions are the only onions that have anthocyanins and therefore they are more nutrient dense than any other form of onion.

ONIONS

A POWERHOUSE OF QUERCETIN

PREVENT ALLERGIES

Allergies and asthma affect one in every five people in the United States. The health care costs alone are almost 8 billion annually.



Ancient Egyptians worshipped the onion believing its rings symbolized eternity.



If you eat onions you can get rid of onion breath by eating parsley.

REVERSE HEART DISEASE

Quercetin also prevents plaque buildup on the arterial walls.

Plaque buildup is the primary cause of heart attack and stroke. It also lowers LDL cholesterol.

One study showed that quercetin- in combination with an alcohol-free red wine - prevented dangerous cholesterol accumulation in overweight participants who were at risk for heart attack.

QUERCETIN BENEFITS

- Eases the swelling and joint stiffness or arthritis
- Lowers your risk of all cancers and inhibits tumor growth
- Lowers risk of lung cancer in smokers
- Prevents heart disease
- Improves prostate health
- Reduces the severity of bladder infections

Libya has the highest consumption of onions with an astounding average per capita consumption of 66.8 pounds.

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4 POWERFUL BENEFITS OF RESVERATROL

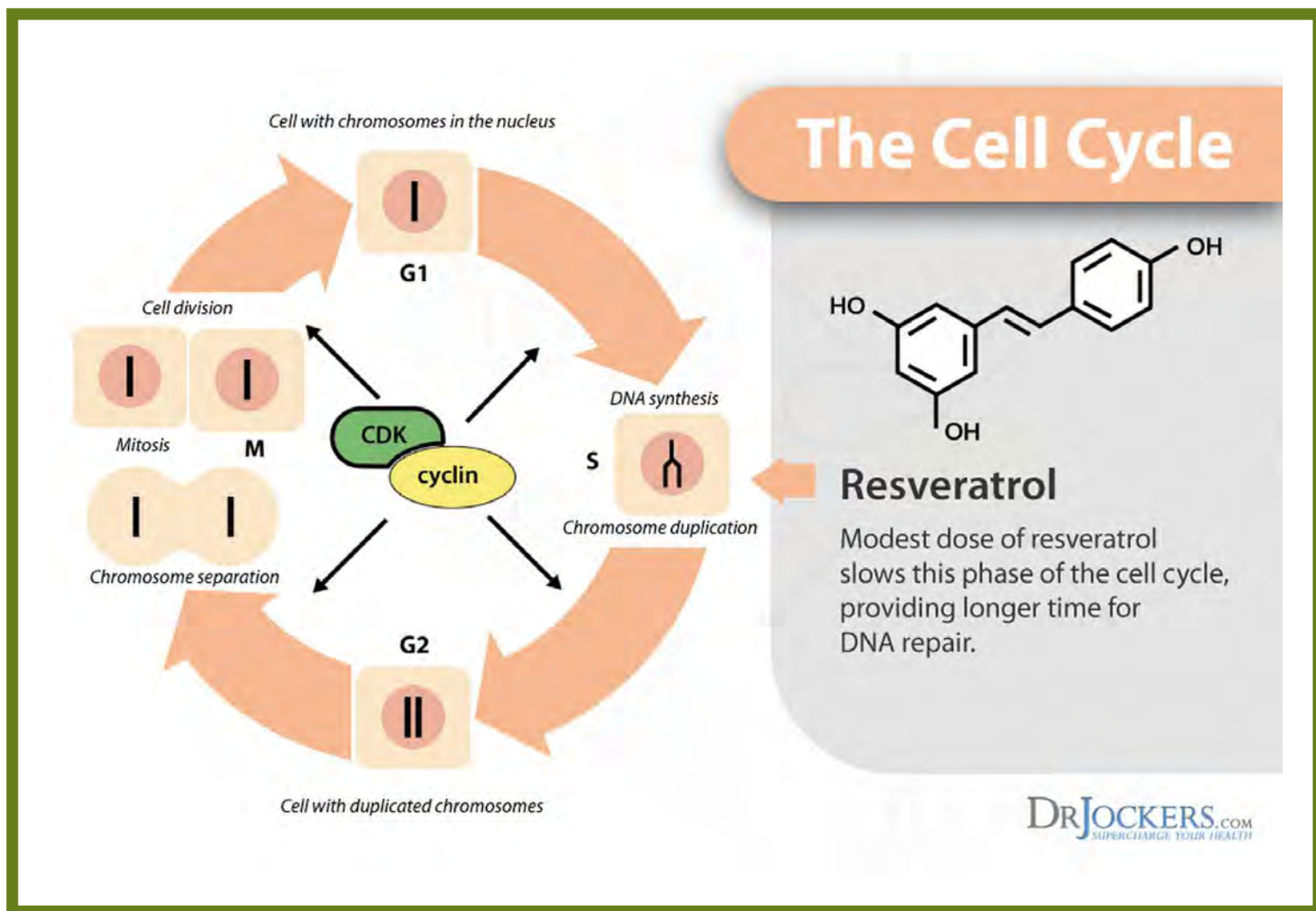
Scientists have been astonished by the remarkable health benefits associated with resveratrol. This unique nutrient found in grape skins has a powerful effect on the genetic expression of the mitochondria within every cell.

By positively effecting mitochondrial function, resveratrol, has been shown to help in the prevention of cancer, heart disease and other metabolic conditions.

Resveratrol and Gene Expression:

Resveratrol has been shown to have an incredible influence on gene expression that has profound antiaging effects. This mimics the positive benefits of caloric restriction and extends lifespan. Most people are intimidated by extreme caloric restriction and would prefer to get the same anti-aging benefits from an antioxidant rich diet and supplements such as resveratrol.

A Harvard study in 2003 found that resveratrol boosted the life span of yeast cells by as much as 70%. They then carried the testing out with similar results in roundworms and fruit flies. This made resveratrol the first compound to have anti-aging benefits in a widely divergent species. Italian scientists in 2006 showed that resveratrol could extend life by more than 50% in more advanced species of fish.



Resveratrol and Cancer:

Resveratrol has a profound effect at inhibiting the master inflammatory compound Nuclear factor Kappa Beta (NF-KB). NF-KB initiates inflammatory processes that are implicated in cancer cell formation. Resveratrol also makes cancer cells more vulnerable to our bodies natural immune cell induced attacks. Scientists are looking very closely at resveratrol as an adjunct therapy for increasing the effectiveness of traditional chemotherapy on destroying cancerous growths.

Cancer cells are known to have dysfunctional mitochondrial function. This is evidenced in the inability for cancer cells to derive energy from oxidative phosphorylation. These cells rely completely on anaerobic glycolysis for energy production. Addressing the mitochondria which drives the energy production of the cell is key to terminating abnormal tissue growths

Part of the process of breast cancer is a dysregulation of the Heregulin-Beta1 (HRG-beta 1) cell signaling pathway. This pathway activates the Matrix metalloproteinase (MMP) 9 enzyme which leads to invasive tumor growth. Resveratrol has also been able to shown to down regulate this pathway and slow the growth of breast cancer.

Many other studies have indicated resveratrol's effectiveness in shutting down growth in pancreatic, liver, colon, prostatic, skin and many other cancer cell types. Most scientists relate this back to the ability of resveratrol to effect mitochondrial function through the sirtuin proteins that regulate proper function.

Proper Resveratrol Dosages:

Supplements should be in the range of 20-100 mg to achieve the same benefits observed in most of these studies on degenerative disease states. The dosage of 20mg daily is appropriate for healthy adults without any significant health history to obtain the beneficial anti-aging gene expression that resveratrol provides. Individuals with advanced cancer should look at getting dosages in the 100-200 mg range.

An ounce of red wine averages around 90 micrograms of resveratrol. This is the 220 times less than the minimal dosage (20 mg) of resveratrol supplementation. A glass of wine is approximately five and a third ounces. At this scale it would take 41 glasses of red wine to achieve the minimal supplemental dosage of resveratrol used in these studies.

I recommend supplementing with 200-800 mg daily in divided dosages for the best benefits. Resveratrol also synergizes with quercetin to have an even more protective impact on cellular function. This is why I combined Resveratrol with Quercetin in a 1:1 ratio for our [Resveratrol Power product](#).



The graphic features a brown plastic bottle of Dr. Jockers Resveratrol Power on the left. The bottle label includes the website 'DRJOCKERS.COM', the tagline 'SUPERCHARGE YOUR HEALTH', the product name 'RESVERATROL POWER', and 'Dietary Supplement 60 Vegetarian Capsules'. To the right of the bottle, the title 'Resveratrol Power Clinical Benefits' is displayed in large blue font. Below the title is a vertical list of five benefits, each accompanied by a blue circular icon: 'Supports Optimal Immune Function' (shield icon), 'Improves Mitochondrial Health' (mitochondrion icon), 'Supports Skin Health' (hand with skin icon), 'Improves Circulation' (circular arrow icon), and 'Reduces Oxidative Stress' (atom icon). The background is a light blue gradient with abstract molecular and cellular structures.

RHODIOLA:

Top 6 Benefits for Brain and Body



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The Stress Busting Potential of Rhodiola:

The body's ability to effectively adapt to stress is the hallmark sign of successful health. There are certain performance aids that help our bodies modulate the stress response and adapt effectively. These substances are called adaptogens for their remarkable ability to enhance stress adaptation. Rhodiola is one the most well-studied adaptogens and its effects on human health are remarkable.

Rhodiola or Golden root grows in some of the coldest regions of the world. This includes much of the Arctic and mountainous regions in Central Asia and the Appalachian Mountains in North America. It has also been found in Iceland, Scandinavia and mountainous regions of Europe.

Mountains regions typically face both extreme heat (because they are closer to the sun) and extreme cold. Plants that are able to survive such harsh temperaments have unique adaptive qualities that benefit those who consume them.

Powerful Antioxidant Compounds:

Rhodiola contains a number of powerful anti-oxidants including the glycosides (rosavin, rosin, rosarin) and flavonoids (rodiosin, rodionin, rodiolin, quercetin, proanthocyanidins, acetylrodaglin, kaempferol), monoterpenes, triterpenes and phenolic acids such as chlorogenic and gallic acid. This unique array of

phytonutrients allows rhodiola to adapt to stressful environmental conditions and it helps modulate our ability to withstand daily stressors. Rhodiola helps us adapt to stress by modulating stress hormone levels. When stress hormone goes too high it can leave us edgy and anxious. Overtime, it leads to fatigue, lethargy and chronic disease. Rhodiola prevents our stress hormones from going up too high at inappropriate times. This allows our stress response system to remain strong and sensitive to the needs of our environment.

Boosting Nervous System Function:

Scientists have found that rhodiola enhances serotonin, dopamine and endorphin activity within the brain. Healthy serotonin levels are necessary to balance our mood and keep us calm and positive. Dopamine drives us towards accomplishing goals and enhances our self-esteem and confidence. Endorphins help us to feel good and lift our mood and spirits. Rhodiola is known to help people calm their emotions and stimulate cognitive processes that improve memory and creative thinking. Several studies have shown that rhodiola improves associative thinking, speed of audiovisual perception and ability to perform complex calculations. Researchers also found that it significantly reduced stress-induced fatigue after just two weeks of regular usage.

HEALTH BENEFITS OF RHODIOLA



Improves
Energy Levels



Supports Healthy
Immune Response



Improves Heart
Health & Circulation



Reduces The Impact
of Stress



Supports Muscle
Recovery



Improves
Mental Health





TOP 9 HEALTH BENEFITS OF SALMON

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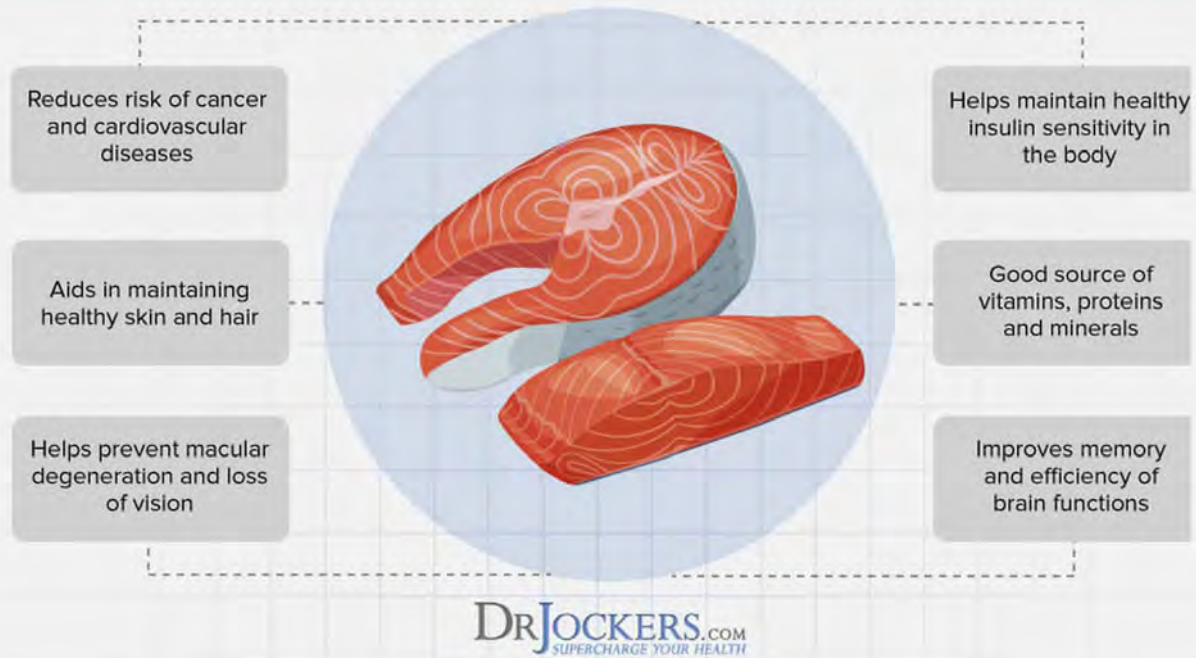
Wild salmon is rich in long-chain omega-3 fatty acids that are essential for healthy neurological and cardiovascular function. Astaxanthin is a unique carotenoid antioxidant that gives salmon its pink color. This phytonutrient is produced naturally in specific algae that pass on its free radical scavenging effects to the sea animals such as salmon that eat them.

Wild Salmon is Rich in Astaxanthin:

Wild salmon naturally feed on red algae and accumulate astaxanthin within their muscle tissue giving them their characteristic pinkish-red color. Salmon are one of the strongest animals in the world with an incredible ability to swim upstream against strong currents. Astaxanthin is credited with providing the antioxidant protection that gives them the amazing strength and endurance to swim up rivers and waterfalls.

These algae also provide the salmon with the raw materials to produce the long-chain omega-3 fatty acids EPA & DHA. Wild salmon also contains the full spectrum of essential amino acids necessary for cellular repair and optimal immune function. The greater the percentage of micro-algae in the salmon's diet the more concentrated their astaxanthin and omega-3 fatty acids become.

Health Benefits of Salmon



Omega 3 Fatty Acids & Your Health:

The cell membranes within the brain, spinal cord, & nervous system are especially dependent upon fluid based membranes for proper signaling and neurotransmitter dynamics. The brain is made up of 60% fat and 10-15% of that is DHA. These fatty acids help support the cell signaling processes so the nervous system can effectively communicate.

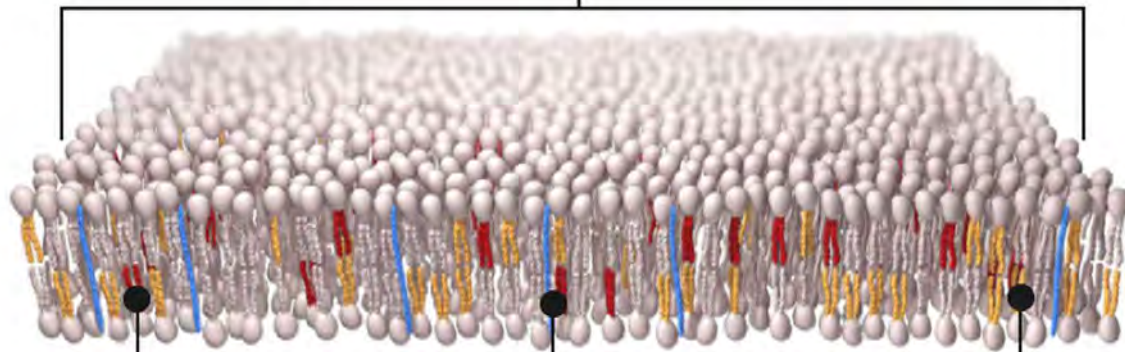
Optimal brain structure depends upon a healthy array of saturated fat and cholesterol on the membrane to hold the fluid based fats tight at the corners. Then a load of EPA & DHA in-between the solid structures to give it a great level of fluid mobility. A diet that is deficient in saturated fat, EPA, & DHA is very dangerous for the nervous system.

Numerous studies have indicated low levels of omega-3 fatty acids such as EPA & DHA in individuals with learning, memory & neurological disorders as well as mental/psychotic issues. People who consume wild-caught salmon regularly have significantly lower levels of these disorders and have less inflammation throughout their bodies.

Fatty Acids, such as **Omega-3's** are key to healthy cell structure and function.

- Omega-3
- Omega-6
- Antioxidants

Cell Membrane



Fatty Acids

Excess **Omega-6** and insufficient **Omega-3** fatty acid consumption can lead to a dietary imbalance in the cell membrane.

Oxidative Stress

Omega-3's and **Antioxidants** can neutralize free radicals that can contribute to cell aging, dysfunction and death.

Nutrigenomics

Studies show that a diet rich in **Omega-3's** can positively affect gene expression.

Avoid Farm-Raised Salmon

Farm-raised salmon are fed genetically modified grains and dead animal parts. This is unnatural but inexpensive feed. The result is a sick fish that comes out with a grayish-white flesh. These fish are deficient in omega-3 fatty acids and astaxanthin.

In order to make it look a more appealing pink the fish farms use synthetic astaxanthin that is produced from toxic petrochemical sources. This chemical based coloring along with the toxic feed and medical interventions such as anti-biotic treatments are why the majority of farm-raised salmon is highly toxic.

Only Purchase Wild-Caught Salmon:

Research produced by the Environmental Working Group in 2003 showed that farmed salmon were contaminated with high levels of polychlorinated biphenyl's (PCB's). The numbers indicated that farmed salmon has over 16 times the amount of these carcinogenic chemicals than wild salmon. Many researchers believe that farmed salmon consumption poses an increased cancer risk due to the low-quality nutrients and high amounts of PCB's.

Make sure your salmon is wild-caught from the less-polluted Alaskan waterways. The Alaskan salmon has been shown to have the lowest chemical residue. Avoid farmed salmon whenever possible as it is one of the poorest food choices one could make.



	FARM RAISED SALMON	WILD CAUGHT SALMON
NUTRITION	Lower levels of protein, omega 3's and found to contain more fats	Higher levels of Omega 3's and less fats
FEED	Fed fishmeal consisting of conventionally grown crops most likely containing pesticides, herbicides and GMOs	Wild caught fish find their own natural food in the wild
PCBS {POLYCHLORINATED BIPHENYLS}	These highly toxic compounds are 8 times more present in farm raised fish	Very low levels of PCBs
MERCURY	Usually lower levels of mercury found in farm fish, however the fish being farmed in the ocean have the same levels of mercury as the wild caught	Some fish, especially Salmon, may contain mercury. This is why it is recommended not to eat fish everyday but instead maybe 2 times a week
DISEASE	Diseases, lice and pests are usually present. Fish usually given dose after dose of antibiotics to control the diseases. Also, pesticides and herbicides are present due to the fishmeal	Extremely low levels of diseases, no antibiotics, pesticides, herbicides or GMOs
ENVIRONMENTAL	Disease and excess waste pollute ecosystem and environment	Farm fish that escape can wipe out a whole population of wild fish due to disease

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10 REMARKABLE HEALTH BENEFITS OF SPIRULINA

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The Super Algae of the Sea:

Spirulina are single celled organisms that survive by producing their energy through photosynthesis. These algae are in the class of cyanobacteria because cyano is Greek for blue. They contain chlorophyll (green color) phycocyanins & anthocyanins (blue color) which blend to give them the characteristic blue-green color.

Spirulina is very rich in carotenoid antioxidants. It has 10 times the amount of the beta carotene (a form of vitamin A) per volume as carrots. It is also loaded with zeaxanthin and lutein. These antioxidants are extremely important for good vision and overall eye health.

Antioxidant Powerhouse:

Spirulina is also the world's best source of the antioxidant powerhouse superoxide dismutase (SOD). The superoxide molecule is one of the most tissue damaging substances within the body. SOD is a biological adaptation specifically designed to

destroy the superoxide radical and protect against any subsequent tissue damage. Inadequate superoxide dismutase formation leads to accelerated aging and tissue degeneration.

The combination of SOD and carotenoids within spirulina make it very good for skin care. It is remarkable for improving aging spots, eczema, acne, & rashes. This combination also dramatically improves eye health. Individuals with glaucoma, cataracts, & poor vision should be sure to consume this regularly.

SPIRULINA

HELPS REMOVE HEAVY METALS

Studies show that consistently taking a spirulina-zinc combination will lower your levels of inorganic arsenic in the body (naturally present at high levels).

SUPPORTS HEALTHY MICROBIOME

A useful anti-microbial agent to fight against candida and help to promote the growth of healthy bacterial flora in the intestines.

IMPROVES CHOLESTEROL BALANCE

Shown to prevent atherosclerosis and reduce elevated blood cholesterol levels.

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IMPROVES CIRCULATION

Phycocyanin is a pigment found in spirulina that has been shown to have antihypertensive effects.

IMPROVES SINUS HEALTH

Also known as allergic rhinitis. Spirulina reduces inflammation in the body that many people experience with sinus problems, including nasal congestion and sneezing.

SUPPORTS OPTIMAL ENERGY LEVELS

The chemical composition of spirulina provides those who consume regularly lots of energy.

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Protects Against Lead Toxicity:

One 2003 study investigated spirulina's ability to protect the organs from the free-radical damage caused by lead. The study demonstrated that spirulina had a significant effect on scavenging free radicals, thereby protecting the organs from damage caused by the exposure to lead. Furthermore, spirulina showed a significant decrease in the deposition of lead in the brain. Spirulina contains polysaccharides that act to improve the functional productivity of the bone marrow, thymus and spleen cells. Phycocyanin and allophycococanin which help to form the blue color within the algae (along with anthocyanins) have been shown to increase white blood cell counts.

Spirulina also has been shown to effectively protect the body against the damage done by both chemotherapy drugs and gamma radiation exposure. Another study done on individuals involved with the nuclear fall-out in Chernobyl found that spirulina usage improved the autoregulatory functionality of their bodily systems and long-term remission from overall radiation damage.

Best Ways to Use:

- 1) Always look to get a high quality organic form of spirulina from a reputable brand.
- 2) You can use this in powder or capsule form. Begin with ½ - 1 tsp daily in water, green juice or shake. If you tolerate it well and do not have strong detoxification reactions than you may bump it up to 1 tsp – 2-3x daily in water or in a shake.
- 3) Best to avoid taking it at night as it is slightly stimulating. Don't take after dinner unless you want to be alert later at night.
- 4) Best supplemental dosage to take is 1 – 5g, 1-3x daily.
- 5) 1 tsp of pure spirulina powder is equivalent to 3-5 grams of spirulina. Here is a great source of pure [spirulina powder](#)
- 6) I also love taking spirulina in combination with chlorella and other superfoods in an easy-to-use powder form such as our [Organic Supergreens](#)

Organic SuperGreens Provides:



- 8 Organic & Living Superfoods
- 8 Organic Cleansing Herbs
- Highly Digestible Greens, Veggie Juices and Sprouts
- Rich in Chlorophyll, Antioxidants and Trace Minerals
- Boosts Energy and Facilitates Detoxification
- Optimized for Digestion with Probiotics and Enzymes



TURMERIC FIGHTS AGAINST CHRONIC DISEASE

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Turmeric Fights Against Chronic Disease:

The orange Asian herb turmeric has been traditionally used for centuries by Ayurveda and Chinese medicine. Curcumin is the most powerful active anti-inflammatory compound within turmeric. Curcumin has been shown to be a powerful suppressor of chronic inflammatory mediated disease processes.

Many Asian cultures use turmeric in nearly every meal. They rave of its anti-aging and medicinal benefits. Western medicine has just begun to research its components at a very deep level to better understand turmeric's remarkable health properties. Over 570 studies have appeared in the mainstream literature demonstrating curcumin's cancer protective effects.

Curcumin Reduces Inflammation:

Curcumin has been shown to reduce inflammatory mediating prostaglandins, cytokines and other molecules such as interleukin 6, Nuclear Factor Kappa Beta (NF-kb) and tumor necrosis factor-alpha (TNF – alpha). With a high enough dosage this

has the ability to pull the body out of a strong inflammatory cascade and reset anti-inflammatory behavior at the cellular level.

Curcumin regulates tumor suppressor pathways and triggers mitochondrial mediated death in the cancer tissue. Curcumin is anti-angiogenic which means that it shuts down the ability of cancer cells to develop extra blood supply that these cells use to fuel on. This effect makes cancer cells more vulnerable to pharmacological treatments such as chemotherapy and other cancer control drugs.



Turmeric Targets 10 Factors in Cancer Development

1. Improves Inflammatory Response
2. Protects Against DNA Damage
3. Disrupts Cancer Cell Signaling Pathways
4. Destruction of Cancer Cell Mitochondria
5. Disruption of Cancer Cell Cycle
6. Arrests Stem Cell Development
7. Turns of Cancer Cell Apoptosis
8. Reduces Inflammatory Prostaglandins
9. Anti Angiogenesis Effect on Cancer Cells
10. Slows Metastatic Activity

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Curcumin and Cancer:

Research done at the Life Extension Foundation found that curcuminoids target ten factors involved in cancer development. This includes chronic inflammation, DNA damage and disruption of cell signaling pathways. Curcumin supplementation was shown to target destruction of cancer cell mitochondria, disrupt the cancer cell cycle and arrest stem cell development that facilitates further cancer cell formation.

There are hundreds of other studies that have shown that curcumin turns on natural apoptotic (cell suicide) switches in cancer cells. They also reduce inflammatory prostaglandins that promote cancer cell growth. A study out of China showed that curcumin was able to induce apoptosis within triple negative breast cancer (TNBC) cells. TNBC is a type of cancer that defies conventional chemotherapy and radiation.

Best Dosages of Curcumin:

For optimal curcumin absorption it is necessary to combine the turmeric with good fats such as coconut oil or milk or olive oil. You will also want to add a dash of black pepper for the piperine molecule that enhances curcumin uptake.

For individuals with chronic inflammatory diseases such as cancer it is recommended to supplement with high dose curcumin. Find one that is made with piperine in an enteric coating that protects the nutrient from stomach acid for optimal absorption. There hasn't been an official dosage that has been established by the scientific literature. However, studies involving human patients with cancer found that curcumin doses of 3.6 grams or more daily had the best effect.

A POWERFUL NEW SOLUTION FOR SYSTEMIC CELLULAR STRESS



ProOmega® CRP

- Concentrated Omega-3 Fish Oil (1260 mg EPA + DHA)**
90+% triglyceride form. Critical to cell membrane integrity and healthy cell signaling.*
- Optimized Curcumin (600 mg)**
Patented free-form curcumin. Powerful antioxidant, supports signaling pathways not regulated by EPA and DHA.*
- L-Glutathione (225 mg)**
Reduced form, clinically shown to increase L-Glutathione blood levels for potent antioxidant and detoxification support.*
- N-Acetylcysteine (NAC) (300 mg)**
Boosts L-Glutathione levels, scavenges free radicals, supports detoxification.*

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You can always visit DrJockers.com in order to access articles, podcasts and other helpful tools to help you have success following these strategies.

About Dr. David Jockers DNM, DC, MS

Dr. David Jockers is a doctor of natural medicine, a functional nutritionist and corrective care chiropractor. He runs one of the most popular natural health websites in DrJockers.com which has gotten over 1 million monthly visitors and his work has been seen on popular media such as the Dr Oz show and Hallmark Home and Family.

Dr Jockers is the author of the best-selling book “The Keto Metabolic Breakthrough” by Victory Belt publishing and “The Fasting Transformation.” He is a world-renowned expert in the area of ketosis, fasting and functional nutrition. He is also the host of the popular Dr Jockers Functional Nutrition podcast.



Dr Jockers lives in Canton, Georgia with his wife Angel and his twin boys David & Joshua and his daughter Joyful.