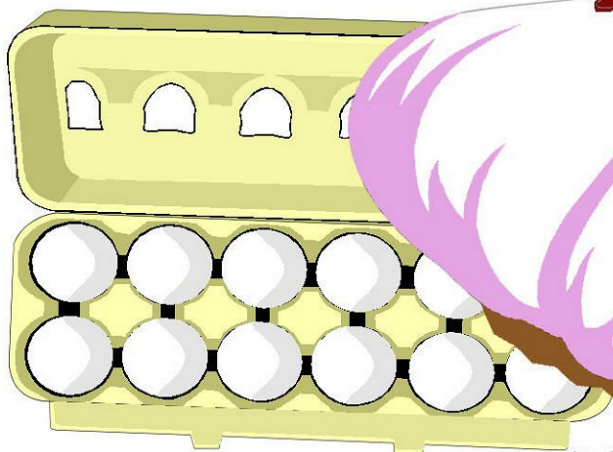
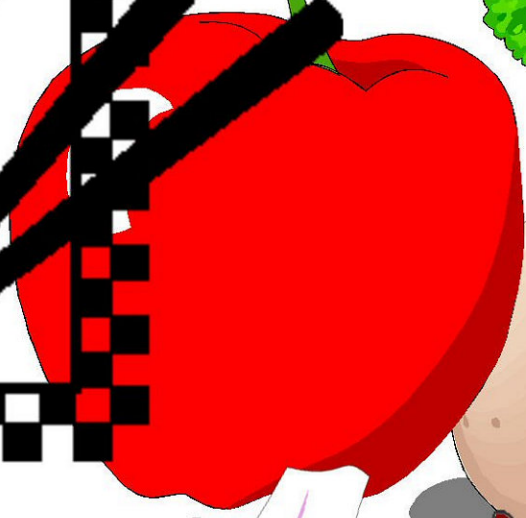
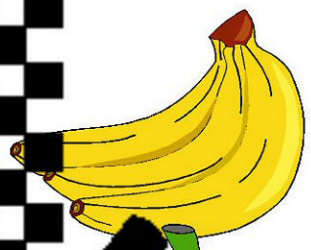
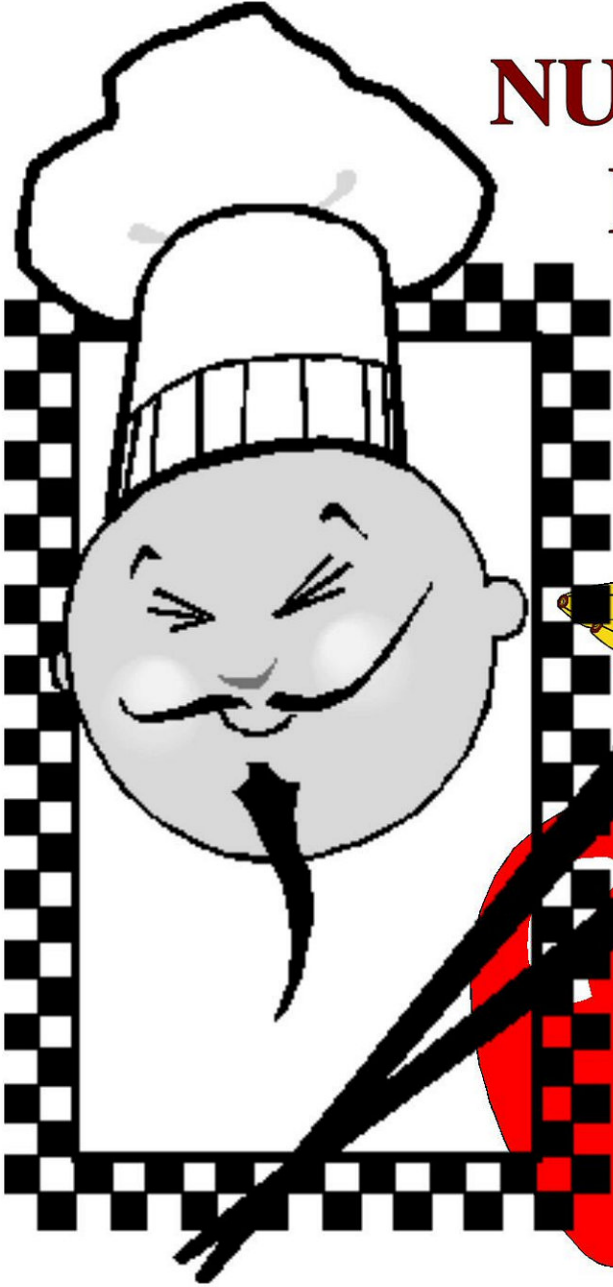


# NUTRITION FACTS



*By Ghislain Bonneau 2006*

# **INDEX**

*(Click on the Section of Interest to go there Directly)*

**INTRODUCTION**

**NUTRITION FACTS-VITAMINS**

**NUTRITION FACTS-MINERALS**

**OTHER SOURCES OF VITAMINS & MINERALS**

**VITAMINS FOUND IN FOODS**

**MINERALS FOUND IN FOODS**

**FOOD REMEDY TO COULD CURE WHAT AILS YOU**

**FRUITS & VEGETABLES RICH IN ANTIOXYDANTS**

**SUPER FOODS AND THEIR CLAIMED  
BENEFITS AND PROPERTIES**

**THE TRUTH BEHIND 9 POPULAR  
VITAMIN SUPPLEMENTS**

**TRYPTOPHAN**

**OMEGA-3 OILS**

**MORE ADVICE ON NUTRITION**

**DIETS AND FOOD SUPPLEMENTS**

**PRE AND POST WORKOUT NUTRITION**

**FOR MORE ENERGY**

**MEDICAL DISCLAIMER**

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## INTRODUCTION

All my life I have been in search of the truth about how to stay healthy, young and live longer. Like a human needs two legs to walk, I knew from the start that the answer could not only be Good Nutrition, or just Exercise, maybe you can walk with only one leg but I soon found out that you actually need both Good Nutrition and Exercise and more to find the answer for the Recipe of Health and Longevity.

First I eliminated in my life all the bad things that are contrary to this objective and here are some of them. Smoking, Alcohol, Drugs, Stress, Lack of sleep, Dehydration, Lack of Vitamins, Proteins and Minerals the body needs to stay young and healthy.

So I stopped smoking, started to exercise regularly, and even did Stretching Sequences and Yoga. I learned how to be more relaxed and how to eliminate all stress in my daily life as much as possible. All this was a good start but it was not enough. I had to learn much about nutrition, Vitamins, Minerals and proteins and how the body and the mind works to set me on the right path of discovery. The truth is that the recipe for a long and healthy life is very simple. It is all those things above put together and that I have introduced in my daily life very gradually. Today in 2024 I feel like I am 20 Years old, and I am 76, and this is no bull. Maybe I don't have the same endurance that I had when I was 20 years old, but I can still do lots of things that most men over 30 can't do. Stretching regularly, Yoga and Meditation are also a key factor that helped me to stay Stress Free, flexible and to feel young again.

A well balanced and diversified diet with 5 to 6 smaller meals every day instead of only 3 big meals, will help you to stay slim and to feel good with yourself. Exercising regularly will help to oxygenate your blood cells, improve your Cardio and help to relief your stress. Stretching will help you to relax and to remove most of the Free Radicals from your body. See the PDF (My Stretching Sequence) for more details on Free Radicals.

Common senses and moderation is the Key to success and too much of a good thing can also be very bad for you. So follow the Vitamin and Minerals daily recommended intake by specialist in this domain. I have compiled most of what follows from other sources and tried to put together something that is easy to read and to refer to, as a guide to help you in your goal for a long and healthy life. It is better to get your Vitamins and Minerals from your food intake instead of Supplements, but the quality of the Vitamins in your food is not as great as it use to be because of pesticides and fertilizers they use nowadays so vitamins and Minerals supplements are becoming part of what you will need to complement your daily recommended intake.

I take Multi Vitamins and some Mineral supplements also because I exercise regularly and my body needs more Proteins and Vitamins to recuperate. I eat 5 to 6 small meals a day with lots of vegetables and less meat. I do Yoga and stretching also regularly and meditations to help me to relax. Stress is the mother of all diseases, so this is the first thing that you must learn to eliminate

from your daily life. Whatever Stress you, Find the solution to Fix the problem and move on.

A little bit of every thing is a good thing and you will see that this is true simply because that most vitamins need each other to be absorbed by the body. Vitamin A is Fat Soluble) so you will need some animal fat in your diet from time to time, and Zinc will also help you to absorb Vitamin A. Calcium is the next important thing after Air, Water and Food that all your cell in your body needs to stay healthy. Coral Calcium is the best quality Calcium Supplement you will find after dairy product. Calcium is also needed to absorb Vitamin D. As you can see everything needs everything else to be absorbed by your body. You can't know everything there is to know about nutrition so a diversified diet will make sure you are getting a bit of everything that you will need to stay young and healthy. The secret is in the frequency of the meals and in the size of your meals versus the energy you will use each day. There is lots to learn in the domains of Nutrition and Exercise to have a healthy body, stay young and live longer, and this is just the beginning, so read what follows and learn. Realize that after the age of 55 your body will tend to keep whatever you will eat and at that age your body does not need that much food. This is why most people tend to get fat and big from that age and they are not able to lose it. You must therefore reduce your portions but always keep the quality of your food as pure, natural and as high as possible.

Also one of the most important thing that you should be aware of is how bad additives and preservatives in foods are BAD for you. I for myself I make my own mayonnaise and my ketchup and I am working on a mustard recipe as well, and make my own Clamato and tomato juices. And I do this exactly to stop filling myself with all the additives they put in those condiments. I also make my own soups and all my food with fresh basic ingredients. I NEVER eat any prepared foods or even Frozen foods either of any kind and nothing in cans except Tomato paste and Tomato sauce for the rest they put too much additives, preservatives and artificial colorant and taste and too much sugar and too much salt. This would be a good start for you to start eating like I do. Never forget that additives are chemical products and your body does not need any of those ingredients because they have a very bad effect on the long run on your body. They will make you age faster, you will look older and they will also give you all kinds of cancers. Do not ask yourself why you can't lose weight if you eat all this crap. Do not look any further because additives and preservatives in your food are the culprits. You might think that it must be OK since that the Government allow those things in food. Well since when do you trust the Government with anything, they have not made any study on the effects of the long use of those products, and they might be in small quantities in your foods but they add up in your body. See the Chart from the Wikipedia Encyclopedia at the link below for more details on Vitamin A. [http://en.wikipedia.org/wiki/Vitamin\\_A](http://en.wikipedia.org/wiki/Vitamin_A)

### **Zinc Deficiency and Vitamin A: (THIS IS VERY IMPORTANT)**

Zinc deficiency can also impair absorption, transport, and metabolism of

vitamin **A** because it is essential for the synthesis of the vitamin A transport proteins and the oxidation of Retinol to Retinal. In malnourished populations, common low intakes of vitamin A and Zinc increase the risk of vitamin A deficiency and lead to several physiological events.

## **NUTRITION FACTS - VITAMINS :** **DESCRIPTION, FUNCTION AND DEFICIENCY OF PRINCIPAL VITAMINS.**

**VITAMIN A:** Protects Eyes Health and nocturne vision, Support Immunity, Relieves Inflammation, Healthy Skin Hair, Teeth, and Nails, Bones, Contains Cancer-Fighting Properties, Reduces Cholesterol, Aids in Tissue Repair, Prevents Urinary Stones, Aids in Reproduction and Development.

**DEFICIENCY :** Dryness of the Conjunctiva and cornea, Night Blindness, Dry Lips, Thick or Scaly Skin, Impaired Immunity, Stunted Growth in Children, White skin, Allergies, Sinus troubles.

**B1 (Thiamine)** Helps the Body to convert Food into Energy, Controls the Metabolism of Glucoses (natural sugars), lipids (fat) and amino acids.

**DEFICIENCY :** Loss of Weight and appetite, Confusion, Memory Loss, Muscle Weakness, Heart Problems, Headache, Nausea, Fatigue, Irritability, Depression, circulatory problems, digestive troubles.

**B2 (Riboflavin)** Helps the Body to convert Food into Energy, Controls the hormonal metabolism (stimulates insulin action). Controls the fixation of iron in your blood, Helps to the production of Red Blood Cells, Cell Growth and Développement.

**DEFICIENCY :** Dizziness, Vertigo, Retarded growth, Fatigue, Irritability, Depression, Eye Fatigue, Sensitivity to Light..

**B3 (Niacin)** Maintains the Health of your Heart, Blood vessels and Circulation and Necessary for the digestive system, and for skin health.

**DEFICIENCY :** Skin Issues, Lethargy, Headaches, Lost of appetite, Insomnia, Fatigue, Depression, Dementia, Behavioral changes, including aggression and paranoia.

**B5 (Pantothenic Acid)** Helps the Body to convert Food into Energy, Hormone production, Cholesterol production, Skincare, Nail care, Indispensable for the formation of living cells and antibodies.

**DEFICIENCY :** Premature Aging, Lassitude, Stomach pain, nausea, vomiting, diarrhea, heartburn, Numbness or burning in the hands and feet, muscle cramps and nerve damage and loss of appetite and Insomnia.

**B6 (Pyridoxine)** Participates in the regulation of protein metabolism, Helps the body use energy from food, Helps produce red blood cells, which carry oxygen to tissues, Helps maintain normal nerve function, Antibody production, Protein breakdown, Blood sugar regulation, Brain development, Immune function, Neurotransmitter production, Hormone production,

**DEFICIENCY** : Can cause inflammation of the skin, Anemia, Depression, Vertigo, Confusion and Irritability.

**B7 (Inositol)** Permits to control the level of cholesterol, Regulate the signal transmission systems that control cellular activity.

**DEFICIENCY** : Fatigue, Hair loss, Skin rash, Brittle nails, Muscle pain, Depression, Lethargy and tingling in the extremities..

**B9 (Folique Acid)** DNA and RNA production, Protein metabolism and formation of red blood cells. Brain Function, Cell growth and division, Tissue growth, Appetite and digestion, Folic acid works with vitamins B6 and B12 to control homo-cysteine levels in the blood.

**DEFICIENCY** : Pale Skin, Decreased Appetite, Being Irritable, Lack of Energy, Digestives Troubles, Diarrhea, Smooth and tender tongue, growth problems.

**B10 (Para-Aminobenzoic Acid)** Regulates the metabolism of proteins. Helps in the growth of microorganisms in the body. It guards our skin against free radicals contained in the harmful chemicals found in air pollution and the sun's ultraviolet rays

**DEFICIENCY** : Can lead to iron deficiency called anemia, Depression, Fatigue.

**B12** Essentials to the formation of red blood cells, Helps the body function properly which boosts immunity, Important for nerve function, and helps produce neurotransmitters and hormones that control mood, perception, and state of mind, Helps maintain the health of nerve cells, Health of skin, hair, and nails and Heart Health.

**DEFICIENCY** : General weakness, Nervousness. Vitamin B12 deficiency can cause physical, neurological and psychological symptoms.

**B17 (Amygdaline)** Regulates the synthesis of fat acids, of hemoglobin and amino acids. It may lower blood pressure, and may provide pain relief. Use to fight Cancer.

**DEFICIENCY** : Depression, Fatigue, Insomnia.

**Vitamin C** Production of collagens, resistance to infection, Helps protect cells from damage caused by free radicals, Helps the body absorb iron from plant-based foods, Helps the immune system work properly to protect the body from disease.

**DEFICIENCY** : Anemia, Allergies, Tendency to bruise or bleed easily, bleeding gums, wobbly teeth, poor wound healing, tiredness, anemia, and small red spots on the skin. Severe vitamin C deficiency is called scurvy.

**Vitamin D** Help the immune system fight bacterial and viral infections, Help reduce the risk of developing certain cancers, Helps balance Blood Pressure, Helps maintain the right levels of calcium and phosphorus in the body, which is important for muscle growth and function, Help reduce the risk of heart disease

and stroke, Regulates the metabolism of calcium and phosphor (bone formation. **DEFICIENCY** : Insomnia, nervousness, bone problems, weak immune system, fast aging, When Vitamin D is low the body isn't able to properly absorb calcium and phosphorus, there is an increased risk of bone pain, bone fractures, muscle pain, and muscle weakness.

**Vitamin E** Slow down aging by its anti-oxidation action, Is very effective in the prevention and reversal of various disease complications due to its function as an antioxidant, its role in anti-inflammatory processes, its inhibition of platelet aggregation and its immune-enhancing activity.

**DEFICIENCY** : Sterility, Impuissance, Muscular deterioration, Nerve and muscle damage, Blurred vision, Weakened immune system, Anemia, Trouble coordinating movements (ataxia) and speech (dysarthria), loss of reflexes in the legs, and loss of sensation in the limbs.

### **NUTRITION FACTS - MINERALS :** **DESCRIPTION, FUNCTION AND DEFICIENCY OF MINERALS:**

**CALCIUM** Helps for strong bone, teeth, nails, Muscle movement, Nerve function, Blood clotting, hormonal secretion, Consuming calcium-rich foods or taking a calcium supplement before bed may help you fall asleep and sleep well, May prevent Cancers and over 200 diseases.

**DEFICIENCY** : Muscular Cramps, Entropies, Osteoporosis, Muscle problems, Extreme fatigue, Nail and skin symptoms, Osteopenia and osteoporosis, Severe PMS, Dental problems, Depression.

**MAGNESIUM** Blood pressure and blood sugar regulation, Contributes to the structural development of bones, Muscle and nerve function, Magnesium is required for the synthesis of DNA, RNA, and the Antioxidant Glutathione Intervene in the metabolism of glucose in the blood, Helps in the production of energy.

**DEFICIENCY** : Loss of appetite, Nausea and vomiting, Fatigue, and Weakness, Anxiety, Insomnia, Irritability, Muscle cramps, Abnormal heart rhythms, Coronary spasms.

**CHROMIUM** Regulates the metabolism of glucose, by entering the composition of insulin. Chromium is an essential trace mineral. There are two forms: trivalent chromium, which is safe for humans, and hexavalent chromium, which is a toxin. Trivalent chromium is found in foods and supplements. It might help keep blood sugar levels normal by improving the way the body uses insulin.

**DEFICIENCY** : Weight loss, Confusion, impaired coordination, and a reduced response to sugar (glucose) in blood, increasing the risk of diabetes. Depression, Circulatory troubles, Digestives troubles.

**COPPER** Making energy, connective tissues, and blood vessels. Copper also helps maintain the nervous and immune systems and activates genes. Your body

also needs copper for brain development, Participates to bone formation.

**DEFICIENCY** : General Fatigue and Weakness, Frequent sickness, Weak and brittle bones, Problems with memory and learning, Difficulties walking, Sensitivity to cold, Pale skin, Premature gray hair, Cardiac troubles.

**IRON** Red Blood cells production, Muscle metabolism, Hormone Synthesis, Energy and Focus, Gastrointestinal processes, Body temperature regulation, Cognitive Functions, Hair growth and stimulates the defenses of the immune system.

**DEFICIENCY** : Anemia, Shortness of Breath, Pale Skin, Headache, Poor Concentration, Infections, Brittle nails, Unusual Cravings.

**IODINE** Iodine helps the thyroid gland produce hormones that control metabolism, bone and nerve growth, and how the body uses proteins, fats, and carbohydrates, also helps to maintain cognitive function in children. Consuming too much iodine could cause an overactive thyroid and that might lead to sleeplessness. Iodine can be found in some medications, cough syrups, seaweed, and seaweed-based supplements.

**DEFICIENCY** : Goiter, an enlarged thyroid gland, Weight gain, fatigue, and weakness, Thinning and dry hair, Dry skin, Feeling colder than usual, Slowed heart rate, Learning and memory difficulties, Heavy or irregular periods, Irritability, Nervousness.

**POTASSIUM** Regulating fluid balance, Controlling blood pressure, Protecting against strokes and cardiovascular disease, Preventing kidney stones, Protecting against osteoporosis, Regulating muscle contractions and nerve signals, Regulating your heartbeat, helps move Nutrients into Cells and waste products out of Cells, Has a calming effect on the nervous system.

**DEFICIENCY** : Constipation, Fatigue, Muscle weakness or spasms, Tingling or numbness, Abnormal heart rhythms, Lightheadedness or fainting, Heart stopping, Increased urination, Decreased brain function, High blood sugar levels, Acne.

**SELENIUM** Works with vitamin E to fight free radicals, Thyroid health, Fortify the Immune system, Is important for testicular development, sperm production, and sperm function, DNA production, Hair follicle stimulation, Asthma, Skin health, Slows down aging.

**DEFICIENCY** : Bone, cartilage, and joint deformities, Restricted movement, Muscle pain, Swelling in the extremities, Shortness of breath, Mental fog, Less resistance, Premature Aging.

**ZINC** Facilitate the digestion of Glucose, aid in the absorption of Vitamin A, Helps the immune system fight off bacteria and viruses. Plays a key role in all stages of wound healing, Is involved in blood clotting, Helps the thyroid function properly, Zinc is used to make DNA and proteins.

**DEFICIENCY** : Anorexia, Diarrhea, Cold symptoms, Rash, Vision problems,

Weight loss, Hair loss, Skin and hair changes, Eye problems, More infections than usual, Wounds that take a long time to heal, Fatigue, Slow down growth. The Human Body could not survive without it.

**CHOLINE** Choline is essential for brain and nervous system development, Prenatal development, Mood and Memory, Athletic performance, Ensure the transmission of nerve impulses.

**DEFICIENCY** : Fatty liver disease (NAFLD), Muscle damage and soreness, Memory impairment, Cognitive decline, Mood disorders like depression, Anxiety, Neurological disorders, Hypertension.

**METHIONINE** Is an essential Amino acid indispensable to the growth and equilibrium of the body, Metabolism and detoxification, Absorption of minerals, Removal of heavy metals, Helps keep skin and hair healthy and flexible, and nails strong, Supports DNA activity, Antioxidant activity.

**DEFICIENCY** : Weight loss, Liver support, Prolonged methionine deficiency can lead to liver and kidney injury, Osteoporosis, megaloblastic anemia, weakness, ataxia, and spasticity, Depression, anxiety, sleep disorders, or concentration problems, Delayed growth, Premature aging.

**BIO-FLAVONOIDS** Act in synergy with vitamins C et K, Lower risk of heart disease, Lower risk of certain cancers, Protection against hypertension, Protection against some infections, Stronger blood vessel walls, Better liver function, Improved circulation, Better cognitive function, Eye and vision health.

**DEFICIENCY** : Hypertension, Vascular Accidents, Bleeding, Varicose veins, Vasculitis, Pain in the extremities, Frequent colds or infections, Excessive bruising.

**NUCLEIC ACID** Helps Strengthen the Immune system, Improves Digestion, Helps with Memory, Keeps the skin looking young, Help in Injury Recovery, help cells proliferate quickly.

**DEFICIENCY** : Impaired immune function, Inability to divide cells, Inability to produce proteins, Increased susceptibility to disease, Accelerated aging, Memory loss.

## **OTHER SOURCES OF VITAMINS & MINERALS :**

**GELEE ROYALE** It is high in protein, vitamins, minerals, and amino acids, May have Antioxidant and anti-inflammatory Properties, If Fresh it has probiotics that may help with gut health, Stress Relief, Intellectual stimulant, Can help reduce cholesterol, blood sugar, PMS symptoms, menopause symptoms, and chemotherapy side effects, Permits to acquire a great resistance to physical and intellectual fatigue.

**SIDE EFFECTS** : Fatigue, Overwork. Royal jelly is generally well-tolerated and possibly safe when used short-term. Doses of up to 4.8 grams daily have been used safely for up to 1 year.

**GINSENG** May promotes overall well-being, energy, and stress reduction, Research has shown that the plant may improve blood sugar, cholesterol, immune health, and fatigue, Accentuate physical and mental prowess. Ease **fatigue and head ache**, Suggested to prevent aging, and can help with libido. **SIDE EFFECTS** : Ginseng is generally well tolerated, but some people may experience side effects, including: nervousness, insomnia, changes in blood pressure, breast pain, vaginal bleeding, vomiting, diarrhea, and mania. People with bipolar disorder or autoimmune diseases should consult their doctor before taking ginseng.

**GINKGO BILOBA** May help treat dementia (including Alzheimer disease) and intermittent claudication, or poor circulation in the legs. It may also protect memory in older adults. Ginkgo leaves contain flavonoids and terpenoids, which are both antioxidants, Helps to slow down aging.

**SIDE EFFECTS** : May include headache, stomach upset, dizziness, palpitations, constipation, and allergic skin reactions. If you have a known bleeding risk, you should be cautious about ginkgo possibly increasing your risk of bleeding.

**KOLA NUTS** This plant has a stimulating effect.(like caffeine) and can boost energy levels and metabolism and can help with... Energy, Digestion, Circulation, Immunity, Heart Rate, Weight loss, Eye health, Infections.

**SIDE EFFECTS** : Some users have complained of nausea or upset stomach after consuming it. Furthermore, a small percentage of people have reported headaches or elevated heart rates, which emphasizes the significance of knowing individual tolerances..

**SPIRULINA** Is a type of blue-green algae and it may increase the production of antibodies and other cells that help fight infection and chronic illnesses, Brain health, Blood Pressure, Cholesterol, Allergies, Blood Sugar, Digestion, Antioxidants, Good choice of aliment for its diversity of vitamin B and rich in vegetal proteins.

**SIDE EFFECTS** : Some people MAY experience Gastrointestinal issues, Headaches, Skin irritation, Dizziness, fatigue, Dark Colored Urine, Muscle ache, Sweating, Trouble Concentrating. Too much of that good seaweed could elevate too much Iodine in your system because of contaminants in the water. So moderation is the key. Pregnant women and children should not consume algae. People with a metabolic condition called phenylketonuria (PKU) should avoid taking spirulina. People with this rare condition cannot metabolize the amino acid phenylalanine. Spirulina is rich in all amino acids, including phenylalanine. If you have an autoimmune disease, such as multiple sclerosis, rheumatoid arthritis, or lupus, you should avoid spirulina. Theoretically, it could stimulate your immune system and make your condition worse.

**PAPAYA** Helps to digest proteins, pectin's, certain sugars and lipids. It is high in nutrients such as vitamin C, folate, vitamin A, magnesium, fiber, and

antioxidants. Some of the possible benefits of papaya include anticancer effects, anti-inflammatory properties, and more. Papaya can benefit cardiovascular health, vision and eye health, hair and bone health, and more.

**SIDE EFFECTS** : Digestives and liver troubles. Side effects might include nausea and vomiting. The unripe papaya fruit is possibly unsafe. Unripe papaya fruit contains papaya latex, which contains an enzyme called papain. Taking large amounts of papain might damage the esophagus.

**ECHINACEA** Renown for its action and vitality, specially in winter. Several laboratory and animal studies suggest that echinacea contains active substances that boost immune function, relieve pain, reduce inflammation, and have hormonal, antiviral, and antioxidant effects.

**SIDE EFFECTS** : The most common side effects are stomach pain, constipation, diarrhea, heartburn, vomiting, and rash. Allergic reactions might occur in some people, especially in people who are allergic to ragweed, mums, marigolds, or daisies. When applied to the skin: Echinacea is possibly safe when used short-term.

**FENUGREEK** People have used fenugreek for centuries to treat conditions ranging from unstable blood sugar to low testosterone. People commonly use it to increase breast milk supply. Fenugreek may also have other health benefits, such as regulating cholesterol levels, reducing inflammation, and helping with weight loss. Aromatic seeds used in curry.

**SIDE EFFECTS** : Diarrhea, nausea, and other digestive tract symptoms and rarely, dizziness and headaches. Large doses may cause a harmful drop in blood sugar. Fenugreek can cause allergic reactions in some people.

**PEARSLEY** Parsley's vitamin K is important because it helps blood to clot in addition to contributing to bone health. Parsley is rich in vitamin C and other antioxidants, which help reduce the risk of serious health conditions like diabetes, stroke, heart disease and cancer. It's also an excellent source of: Vitamin A. Helps with digestion. Is also depurative.

**SIDE EFFECTS** : Parsley is possibly safe when used in larger amounts as medicine, short-term. But using very large amounts of parsley, such as 200 grams, is likely unsafe. Parsley oil contains toxins that can cause serious side effects, including kidney and liver damage and hallucinations.

## **NATURAL VITAMINS and MINERALS FOUND in FOODS.**

**Know that Vitamins A, D, E, and K are called the fat-soluble vitamins, because they are soluble in organic solvents and are absorbed and transported in a manner similar to that of fats. So you need to eat some FAT for them to be absorbed by the body.**

### **VITAMINS FOUND IN FOOD:**

**Vitamin A (Fat soluble) Top 10 Foods with Vitamin A are = WINTER**

BUTTERNUT SQUASH, SWEET POTATO, KALE, CARROTS, BEEF LIVER, SPINACH, DRIED APRICOT, BROCCOLI, BUTTER, EGG YOLKS. **Others good food sources are** = Apricots, romaine lettuce, cantaloupe, mangoes, raw & juiced, nectarines, collard greens, peaches, hot chili peppers, leaf lettuce, pumpkins, red peppers, yams, tuna, turnip, beet greens, butternut squash, fish.

**Vitamin B1 (Thiamine) (Water soluble)** Wheat germ, rice beans, ham, fresh peas, beans, bread, oranges, cereals, pork, beef, peanuts, brazil nuts

**Vitamin B2 (Riboflavin) (Water soluble)** Poultry, fish, Broccoli, turnip greens, asparagus, spinach, yogurt, milk, cheese, liver, eggs, pork

**Vitamin B3 (Niacin) (Water soluble)** Chicken breast, tuna, veal, beef liver, brewer's yeast, broccoli, carrots, cheese, corn flour, dandelion greens, dates, eggs, fish, milk, pork, potatoes, tomatoes, salmon, turkey, peanuts, chicken

**Vitamin B5 (Pantothenic Acid) (Water soluble)** Whole grains, mushrooms, salmon, brewer's yeast, fresh vegetables, kidney, legumes, liver, pork, royal jelly, saltwater fish, torula yeast, whole rye & whole wheat flour.

**Vitamin B6 (Pyridoxine) (Water soluble)** Whole-grain cereals, bananas, avocados, chicken, beef, brewer's yeast, eggs, brown rice, soybeans, whole wheat, peanuts, walnuts, oats, carrots, sunflower seeds, potatoes, bananas, peanut butter, turkey and chicken white meat.

**Vitamin B12 (Cyanocobalamin) (Water soluble)** This vitamin is found only in animal products.

Organ meats, clams, ham, cooked oysters, king crab, salmon, tuna, lean beef, liver, blue cheese, milk, shellfish, meat, cheese

**Vitamin C (Water soluble) Top Foods with Vitamin C are** = GUAVA, BLACK CURRENT, RED PEPPER, KIWI FRUIT, KALE, GREEN BELL PEPPERS, LEMON, STRAWBERRIES, BRUSSELS SPROUTS, PAPAYA, ORANGE, PARSLEY, PINEAPPLE, GRAPEFRUIT, DURIAN FRUIT, BROCCOLI, MANGO, CAULIFLOWER, HONEYDEW, PEAS. **Others good food sources are** = Apples, Cabbage, mustard greens, cantaloupe, asparagus, avocados, collards, dandelion greens, onions, radishes, watercress.

**Vitamin D (Fat soluble) Top Foods with Vitamin D are** = COD LIVER OIL, MACKEREL, SARDINES, MOREL MUSHROOM, ALMOND MILK, FORTIFIED MILK, EGGS, TUNA FISH, BEEF LIVER, **Others good food sources are** = Sun exposure, sardines, salmon, fortified cereals, herring, margarine.

**Vitamin E (Fat soluble) Top 15 Foods with Vitamin E are** = WHEAT GERM OIL, SUNFLOWER SEEDS, ALMONDS, HAZELNUTS, SPINACH, AVOCADO, TURNIP GREENS, BUTTERNUT SQUASH, PINE NUTS, PALM OIL, PEANUTS, OLIVE OIL, MANGO, SWEET POTATO, TOMATOES, **Others good food sources are** = Vegetables & nut oils, including soybean, corn, safflower, whole grains, wheat germ.

**Vitamin K (Fat Soluble) Top 20 Foods with Vitamin K are =** KALE, SPINACH, TURNIP GREENS, DANDELION GREENS, MUSTARD GREENS, SWISS CHARD, BRUSSELS SPROUTS, SPRING ONIONS, CABBAGE, BEEF LIVER, KIWI, CELERY JUICE, CHICKEN BREAST, BROCCOLI, AVOCADO, BLACKBERRIES, BLUEBERRIES, NATTO, PRUNES, SOFT CHEESE.

### **MINERALS FOUND IN FOOD:**

**CALCIUM (Mineral)** Top 15 best food sources = SARDINES, KEFIR, MILK, LEAFY GREENS, YOGURT, TOFU, CHEESE, BEANS & LENTILS, WHEY PROTEINS, SEEDS, AMARANTH, ADZUKI BEANS, ALMONDS, OKRA, FIGS. **Other good food sources are =** (All dairy products except butter), canned salmon, collards, beet, broccoli, turnip, spinach (most dark, leafy greens), mackerel, ocean perch, salmon, tofu, blackstrap molasses, Chinese cabbage, green cabbage, cauliflower, oranges, soy milk, raisins, chick peas, kelp, rhubarb, carrots

**CHOLINE (Nutrient)** Whole Eggs, Liver, Kidneys, Caviar.

**CHROMIUM: (Trace mineral):** Top 12 best food sources = BROCCOLI, GRAPES, GARLIC, BASIL, CRASS FEE BEEF, ORANGES & ORANGE JUICE, TURKEY, GREEN BEANS, RED WINE, APPLES, BANANAS. **Other good food sources are =** Brewer's Yeast, ham, grape juice, brown rice, cheese, whole grains, dried beans, calves liver, chicken, corn, corn oil, dairy products, eggs, potatoes, mushrooms.

**COPPER (Trace mineral)** Top 20 best food sources = OFFAL, DARK CHOCOLATE, SUNFLOWER SEEDS, CASHEWS, CHICKPEAS, RAISINS, LENTILS, HAZELNUTS, DRIED APRICOTS, AVOCADO, SESAME SEEDS, QUINOA, TURNIP GREENS, BLACKSTRAP MOLASSES, SHIITAKE MUSHROOMS, ALMONDS, ASPARAGUS, KALE, GOAT CHEESE, CHIA SEEDS. **Others good food sources are =** Shellfish such as oysters, beans, whole grains, calves liver, avocados, barley, beets, broccoli, lentils, oats, oranges, radishes, salmon, green leafy vegetables, cocoa.

**FLUORIDE (Trace-Mineral)** FLUORIDE IS TOXIC TO THE BODY you can advert it's effect by taking selenium and Daily exercises. Dill pickles, Carbonated beverages (sodas), Bottled fruit juices, Canned tomato products, Spinach, Carrots, Asparagus, Canned beets, White potatoes, Canned corn, Radishes, Canned sauerkraut, White rice, Celery, Onion rings, Peach and apricot nectars, Certain baby foods, Canned soups, Teas, Some alcoholic beverages, Dry mix desserts, Boxed cereals. <https://draxe.com/health/is-fluoride-bad-for-you/>

**FOLACIN** Soybeans, collards, spinach, asparagus, corn

**FOLATE** Asparagus, garbanzo beans, endive, lentils, lima beans, mustard

greens, pigeon beans, pink beans, pinto beans, spinach, strawberries, white beans

**FOLIC ACID (water soluble):** Pinto beans, navy beans, asparagus, spinach, broccoli, okra, Brussels sprouts, barley, beef, bran, brown rice, brewer's yeast, cheese, chicken, dates, green leafy, lamb, vegetables, legumes, lentils, liver, milk, mushrooms, oranges, split peas, pork, tuna, whole grains.

**IODINE: (Mineral)** Seaweed, Arame, Kombu, Wakame, Kelp, Hijiki, Seafood, Dairy products, especially raw milk, Eggs, Grain products, Breast milk, Baked cod, Cranberries, Low-fat yogurt, Baked potato, Shrimp, Navy beans, Dried prunes. <https://draxe.com/nutrition/iodine-deficiency/>

**IRON: (Mineral)** Top 15 Food rich in IRON are = SPINACH, LIVER, DARK CHOCOLATE, LENTILS, SPIRULINA, SARDINES, BLACK BEANS, PUMPKIN SEEDS, TOFU, BEEF, EGGS, CHICKPEAS, QUINOA, RAISINS, KALE, **Others good food sources are** = White beans, baked potatoes, clams, fish, all types of liver; green leafy vegetables, whole grains, nuts, avocados, beets, brewer's yeast, dates, peaches, pears, sunflower, sesame and squash seeds; soybeans, oysters. garbanzo beans, lima beans, dried prunes, pink beans, winged beans

**MAGNESIUM (Mineral)** Top 10 sources are = WHEAT BRAN, AMARANTH, SPINACH (Cooked), SUNFLOWER SEEDS, BLACK BEANS, MACKEREL, CASHEWS, FLAXSEEDS, ALMONDS, DARK CHOCOLATE. **Other good food sources are** = Whole grains, vegetables, nuts, sesame seeds, dried figs, Brown rice, avocados, haddock, oatmeal, navy beans, lima beans, broccoli, yogurt, bananas, baked potatoes, apples, apricots, brewer's yeast, tofu, cantaloupes, grapefruit, green leafy vegetables, lemons, nuts, salmon, sesame seeds.

**MANGANESE (Trace mineral)** Top 23 best sources are = TEFF (Cooked), RYE, AMARANTH, HAZELNUTS, CHICKPEAS, CARDAMOM, OATS, ADZUKI BEANS, MACADAMIA NUTS, QUINOA, WHITE BEANS, DURIAN FRUIT, BUCKWHEAT, TOFU, WHEAT AND OAT BRAN, BULGUR WHEAT, PINTO AND NAVY BEANS, PECANS, ALMONDS SPINACH, GREEN AND BLACK TEA, POTATOES **Others good food sources are** = whole grains seeds, Whole Grain Bread. nuts, cocoa, shellfish, tea, dairy product, apples, apricots, avocados, bananas, brewer's yeast, cantaloupe, grapefruit, green leafy vegetables, peaches, figs, salmon, soybeans, pulses seeds, tofu, Brown Rice.

**MOLYBDENUM (Trace mineral)** Lentils, Dried Peas, Lima Beans, Kidney Beans, Soybeans, Black Beans, Pinto Beans, Garbanzo Beans, Oats, Tomatoes, Romaine Lettuce, Cucumber, Celery, Barley, Eggs, Carrots, Bell Peppers, Fennel, Yogurt, Peanuts, Sesame Seeds, Walnuts, Almonds, Cod.

**NUCLEIC ACID (chemical compounds)** Meat, fish, and seafood, Legumes, Mushrooms, Liver, Kidney, Poultry, Bakers and brewers yeast, Yeast extract.

**PHOSPHORUS (Mineral)** Top 16 best sources are = SARDINES, BEEF LIVER, AMARANTH, LENTILS, CHICKEN DARK MEAT, SUNFLOWER SEEDS,

COTTAGE CHEESE, TEFF GRAIN, SPELT, QUINOA, YOGURT, GOAT MILK, TEMPEH, NAVY BEANS, SALMON, BRAZIL NUTS, **Others good food sources are** = Halibut, salmon, skim milk, chicken breast, extra lean ground beef, oatmeal, lima beans, broccoli, asparagus, corn, dairy products, eggs, dried fruits, highly carbonated beverages, legumes, nuts, sesame & pumpkin & sunflower seeds.

**POTASSIUM (Trace mineral)** Top 15 best sources are = AVOCADO, LIMA BEANS, SWISS CHARD, ACORN SQUASH, SPINACH, SWEET POTATO, WILD-CAUGHT SALMON, DRIED APRICOTS, POMEGRANATE, COCONUT WATER, WHITE BEANS, BANANA, SARDINES, PEAS, BEETS. **Others good food sources are** = Blueberries, Melons, Grapefruit, Kiwi Fruit, Oranges, Strawberries, Raisins, Dates, Cantaloupe, Watermelon, Prunes, Broccoli, Carrots, Winter Squash, Mushrooms, Lentils, Dried Beans, Peanuts, Milk, Yogurt, Lean Meats.

**SELENIUM (Mineral)** Top 16 best food sources are = BRAZIL NUTS, SALMON, TURKEY, COTTAGE CHEESE, CHICKEN, MUSHROOMS, HALIBUT, EGGS, NAVY BEANS, SARDINES, SUNFLOWER SEEDS, GRASS-FED BEEF, OATS, BEEF LIVER, TOFU. **Other good food sources are** = Avocados, Lobster, Shellfish, whole grains, organ meats, brown rice, poultry, broccoli, dairy products, onions, vegetables, wheat germ, wheat grains.

**SODIUM (Trace Mineral)** Top 10 foods high in Sodium are = BREAD & ROLLS, PIZZA, SANDWICHES, COLD CUTS & CURED MEATS, SOUPS IN CANS, BURRITOS & TACOS, SAVORY SNACKS LIKE CHIPS, POPCORN, PRETZELS, SNACK MIX & CRACKERS, CHEESES. **Others sources of Sodium are** = Most meats, especially ham & bacon, cereals, cabbage, milk, sardines. **SIDE EFFECTS:** Sodium in high quantity will retain too much water in your body so stay away and cut back on some of those low nutritious value food with too much sodium.

**SODIUM-FREE** Apples, grapefruit, avocados, kiwifruit, bananas, mushrooms, bell peppers, oranges, cucumbers, potatoes, eggplant, summer squash.

**ZINC (Mineral)** Top 7 best food sources are = OYSTERS, ANY RED MEATS & POULTRY, ANY KIND OF SEAFOOD, NUTS, WHOLE GRAINS, BREAKFAST CEREALS, DAIRY PRODUCTS, Other good food sources are = Turkey, lamb, eggs, whole grains, yogurt, fish legumes, lima beans, liver, mushrooms, pecans, pumpkin & sunflower seeds, sardines, soybeans, lentils.

### **FOOD REMEDY THAT COULD CURE WHAT AILS YOU:**

**AGING:** (Apples, Strawberry, Blueberries, Grape Fruits and peel, Olive Oil, Tomatoes, Yogurt, Fish, Chocolate, Cocoa, Nuts, Coffee, Tea, Red Wine, Soy Milk, Tofu, and all Food with high levels of Antioxidant, Vitamin E, and a good supply of the following minerals: Selenium, Methionine, Nucleic Acid) Vitamin D and Coral Calcium, and also Omega 3 Oils. Stretching, Breathing Exercises and regular Physical exercises.

**ARTHRITIS;** (Sardines, Salmon, Tuna, Mackerel, Cod Liver Oil and Omega 3 Oils)

You can actually prevent arthritis by eating small portions of fatty fish. Not too much tuna because tuna contains more mercury like sharks because they are predators and they eat other fish so their level of mercury is much higher than in other fish. (I don't eat tuna or shark for that reason.)

**ASTHMA;** (Onions)

Eat onions regularly they contain at least three anti-inflammatory drugs.

**BLADDER;** (Cranberries)

Cranberry juice blocks infectious bacteria.

**BLOOD CLOT;** (Brazil Nuts, Red wine, Garlic, Dark Chocolate, Avocado, Olive Oil) Red wine: contains antioxidants and in particular resveratrol, which is thought to thin the blood and reduce the effects of cholesterol like garlic and aspirin does. Dark chocolate: contains flavanols/flavonoids, said to prevent blood clots and improve blood flow. Both olive oil and avocados contain monounsaturated fat, which lowers cholesterol.

**BLOOD PRESSURE;** (Banana, Celery, Walnuts, Blueberries, Omega 3 Oils)

An old Vietnamese remedy, celery contains a pressure-lowering chemical. Bananas are high in potassium and therefore good for blood pressure. Blood pressure can be caused by a hidden inflammation problem so Omega 3 Oils is best to lower blood pressure by reducing inflammation.

**BLOOD SUGAR;** (Broccoli, Peanuts, and Lentils)

Broccoli is rich in chromium, which regulates insulin and blood sugar.

**BONES;** (Pineapple, Milk and other by-products of milk, like Yogurt and Cheese)

Pineapple's manganese content prevents osteoporosis and bone fractures.

**BRAIN;** (Banana, Peanuts, Vitamin B, Omega 3 Oils, Red Wine) Omega 3 Oils help to increase concentration and brain functions and Vitamin B is vital for Brain health. Banana helps to enhance mental performance. Peanuts and Peanut Oil keeps the Brain running at high efficiency. One handful of Peanuts a day is more than sufficient.

**BREAST CANCER;** (Cabbage and Wheat bran) Aerobic Exercises and Massages of the Breast.

Cabbage and its cousins manage estrogen levels in the body.

**CANCER;** Apples, Onions, Garlic, Vitamin D, Coral Calcium, Grape Fruits, Broccoli, Cabbage and Sprouts, and any food high in antioxidants, (SEE Antioxidant Rich Food FURTHER BELOW) Natural chemicals found in onions

and garlic may protect against cancer. Blueberries protect against Diseases better than statin drugs. You can add a regular Exercise regime to all of this.

**(BAD) CHOLESTEROL;** (Beans, Walnuts and Oats, Brazil Nuts, Pomegranates Juice, Avocado, Olive Oil, Omega 3 Oils, Garlic) One-half cup of cooked beans or walnuts & oats, taken daily reduces cholesterol by 10%. Pomegranates: high in vitamin C and polyphenols, said to be antioxidants and so good at reducing cholesterol levels, Both olive oil and avocados contain monounsaturated fat, which lowers cholesterol. Cholesterol can be caused by hidden inflammation problems, so Omega 3 Oils is the key.

**COLDS;** (Garlic, Yogurt) Garlic acts as a decongestant and yogurt helps to strengthen your immune system.

**COLON;** (Cabbage and Wheat bran, Brussels sprouts, Beet) Cabbage intervenes in colon cancer. Wheat bran cereal is a good preventative.

**CONGESTION;** (Hot Red Peppers) Hot red pepper contains capsaicin, a compound similar to those in cough syrups.

**DEPRESSION;** (Caffeine, Whole grains, Salmon, Omega 3 Oils) Drinking coffee or drinks containing caffeine protects the brain against neurotoxins that can cause depression, but too much caffeine will not help either. Moderation in everything is the key.

**HAIR LOSS;** (Oysters, Biotin B7, Whole Grains, Eggs) Oysters are the highest natural source of zinc; an essential requirement for men's fertility and sexual health and sperm production and also hair loss in men. Eggs are an excellent source of protein, which is essential for hair growth, as well as being rich in biotin (vitamin B7). Egg yolks are also a good source of iron, which some studies have suggested can alleviate hair loss.

**HANGOVERS;** (Asparagus) Eat Asparagus this will help for a faster recovery but will not eliminate it completely, your best bet is prevention so drink less not as fast and Eat while you drink and eat more asparagus.

**HAY FEVER;** (Yogurt, Honey) Eating yogurt and honey before pollen season can help to build up your immunity.

**HEADACHES;** (Ginger, Beef Liver) Ginger prevents migraines, operating much like aspirin in blocking pain and Beef Liver is rich in Vitamin B and riboflavin.

**HEART DISEASE;** (Blueberries, Beet, Red Wine, Oily Fish, Salmon, Omega 3 Oils) Beet are high in folic acid and in vitamin A. Beet protect you against all forms of

cancer since they contains lots of antioxidants and prevent heart strokes and heart illness. Oily fish are rich in the Omega-3 oils that are good for reducing the risk of heart disease.

**INSOMNIA;** (Honey, Egg white dried, Cheese Parmesan)

Honey has sleep-inducing sedative and tranquilizing properties, and contains significant levels of antibiotics. Egg white dried, Parmesan cheese, contains a chemical called tryptophan which makes them the perfect night-time food. Check out the Trypophan Table.

**KIDNEY STONES;** (Lemonade) citrate in Lemon Juice help dissolves Calcium deposits.

**LOW BLOOD SUGAR:** (Avocado)

Avocados contain a special kind of sugar that helps prevent low blood sugar.

**LUNGS;** (Spinach and Carrots, Brussels Sprouts)

Beta carotene in orange and dark green vegetables like spinach and carrots are an antidote to lung cancer.

**MEMORY LOSS;** (Oysters, Peanuts, Omega 3 Oils, Blueberries)

Oysters supply zinc, which is linked to better mental functioning and the oil from peanuts help to keep the brain connections well oiled and working properly and so are Omega 3 Oils.

**MUSCULAR DEGENERATION;** (Spinach, Beets. Fish Oils, Sardines, Omega 3 Oils)

Spinach and beets also contains antioxidants that protect you against cancers and muscular degeneration.

**PANCREAS;** (Tomatoes and Watermelon)

Lycopene, found in tomatoes and watermelon fights pancreatic cancer.

**P.M.S.;** (Cornflakes)

Cornflakes can alter depression, fatigue and anger of PMS sufferers.

**PROSTATE CANCER;** (Brussels Sprouts, Tomatoes, Blueberries, Pomegranate juice, Salmon, Garlic & Onions) Brussels sprouts contains complex nitrogen mater that will protect you against many forms of cancer. Lycopene found in tomatoes may reduce risk of colorectal cancer, lower cholesterol and reduce the risk of heart disease. Blueberries have high levels of Proanthocyanidins. A study has also found that drinking just one 8 oz glass of pomegranate juice a day could dramatically slow down the progress of prostate cancer. Study show that men eating Garlic and Onions can reduce the risk of Prostate Cancer.

**REGULARITY;** (Rice bran)

Rice bran is superior to even wheat bran as a laxative.

**SKIN CANCER & AGING SKIN;** Strawberries, Tomatoes, Tofu, Soy Milk, Fish, Tea, Coffee, Cocoa, Red Wine. Brazil Nuts.

**SMOKING;** (Oatmeal and Oat Bran)

Eating oatmeal and oat bran may help curb nicotine cravings.

**STOMACH;** (Banana and Ginger, Omega 3 Oils, Cod Liver Oil)

Bananas relieve indigestion. Ginger fights nausea, Omega 3 Oils help reduce inflammation.

**STROKES;** (Green Tea)

Green tea protects against the buildup of arterial plaque.

**SUNBURN;** (Pomegranates) are a rich source of ellagic acid that can help protect your skin from harmful UVA and UVB rays of the sun. Best also to use skin protection and moderate time in the sun.

**ULCERS;** (Cabbage juice, Banana)

There are anti-ulcer compounds in cabbage juice. Bananas are good for stomach upsets, and green bananas help to repair stomach ulcers.

**VISION;** (carrots, Kale, Spinach, Omega 3 Oils, Vitamin E, Beta Carotene)

Carrots, Spinach, and kale is also a big source of beta carotene and Omega 3 Oils source of Lutein.

**WEIGHT GAIN;** (Red wine) Piceatannol in red wine will help to control obesity by preventing immature fat cells to develop into mature fat cells. Only one glass a day will suffice to do the job.

**FRUITS AND VEGETABLES THAT ARE RICH IN ANTIOXIDANTS:**

**Food that contains high levels of Antioxidants will help you to keep Free Radicals in check, strengthen your immune system, stay away from most kind of cancer and will also help to keep you young and healthy.**

**FRUITS;** Wild Blueberries, Cherries, Kiwis, Oranges, Pink Grapefruit, Plums, Prunes, Raisins, Red Grapes, Raspberries, Strawberries, Apples.

**VEGETABLES;** Alfalfa Sprouts, Aubergine, Beetroot, Broccoli, Corn, Kale, Onions, Red peppers, Spinach, Sprouts.

## MORE ANTIOXIDANT IN NUTRIENT-RICH FOOD

<https://draxe.com/health/higher-antioxidant-levels-linked-to-lower-dementia-risk/>

These antioxidants are found in nutrient-rich foods, including:

- \* leafy greens (like kale, spinach, collard greens, etc.)
- \* other veggies, such as broccoli and peas
- \* oranges
- \* papaya
- \* berries

### **Some of the Best Foods for increasing your Antioxidant Intake include:**

Leafy greens, such as microgreens, dandelion and turnip greens, kale, spinach, collard greens, and others

Cruciferous veggies, such as broccoli, cauliflower, Brussels sprouts and cabbage

Other veggies, like bell peppers, mushrooms, green beans, tomatoes and artichokes

Root veggies, like carrots, beets, sweet potatoes and winter squash

Berries, such as strawberries, blueberries, cranberries, raspberries, acas, goji, mulberries, etc.

Cherries, Citrus fruits, including oranges, tangerines, grapefruit, etc.

Topical fruits, like papaya, mango, pineapple, kiwi and guava

Beans, legumes and green peas

Spices, such as turmeric, ginger, basil, etc.

Herbs, like basil, cilantro, parsley, etc.

Cocoa and Dark Chocolate

Red wine

### **High-Antioxidant Foods**

Goji berries: 4,310 ORAC score

Wild blueberries: 9,621 ORAC score

Dark chocolate: 20,816 ORAC score

Pecans: 17,940 ORAC score

Artichokes (boiled): 9,416 ORAC score

Elderberry: 14,697 ORAC score

Kidney beans: 8,606 ORAC score

Cranberries: 9,090 ORAC score

Blackberries: 5,905 ORAC score

Cilantro: 5,141 ORAC score

The ORAC scores above are based on weight. This means that it might not be practical to eat high amounts of all of these antioxidant foods.

**Other high-antioxidant foods not listed above, which are still great sources and highly beneficial, include common foods like:**

Tomatoes, carrots, pumpkin seeds, sweet potatoes, pomegranates, strawberries, kale, broccoli, grapes or red wine, squash, wild-caught salmon

Try to consume at least three to four servings daily of these antioxidant-rich foods (even more is better) for optimal health.

### **High-Antioxidant HERBS:**

Along with antioxidant foods, certain herbs, spices and essential oils derived from nutrient-dense plants are extremely high in healing antioxidant compounds. Here is another list of the herbs you can try adding to your diet for increased protection against disease.

Many of these herbs/spices are also available in concentrated essential oil form. Look for 100 percent pure (therapeutic grade) oils, which are highest in antioxidants:

Clove: 314,446 ORAC score

Cinnamon: 267,537 ORAC score

Oregano: 159,277 ORAC score

Turmeric: 102,700 ORAC score

Cocoa: 80,933 ORAC score

Cumin: 76,800 ORAC score

Parsley (dried): 74,349 ORAC score

Basil: 67,553 ORAC score

Ginger: 28,811 ORAC score

Thyme: 27,426 ORAC score

Other antioxidant-rich herbs include garlic, cayenne pepper and green tea. Aim to consume two to three servings of these herbs or herbal teas daily.

### **High-Antioxydant Supplements:**

GLUTATHIONE, QUERCETIN, LUTEIN, VITAMIN-C, RESVERATROL, ASTAXANTHIN, SELENIUM, CHLOROPHYLL.

**Note that here I do not suggest to take all of those, they are there for your information ONLY. For myself I only take Vitamin-C and Lutein. That's all I need and I don't know about your needs.**

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### **SUPER-FOODS AND THEIR CLAIMED BENEFITS AND PROPERTIES :**

**WHEATGRASS** : Can provide tons of nutrients, including iron, calcium, and magnesium. It also gives you extra chlorophyll, a plant pigment that has protective effects.

**CINNAMON** : High in antioxidants and has been associated with lower blood sugar and cholesterol, improvements in nausea and PMS symptoms, and decreased inflammation.

**BLUEBERRIES** : High in vitamins C and E and potassium. They reduce diarrhea, food poisoning, signs of aging, and blood pressure. High in antioxidants.

**AVOCADO** : Rich in heart-healthy monounsaturated fats, folate, vitamin C and vitamin K. These nutrients are known to reduce the risk of heart disease and other conditions — plus avocado contains phytonutrients that fight oxidative stress.

**BROCCOLI** : It's loaded with bone-building vitamin K and antioxidant-rich vitamins A and C, as well as folate, calcium and manganese.

**SALMON** : High in heart-healthy omega-3s that can help slash inflammation, boost brain health, potentially reduce your risk for depression and keep your heart strong.

**SWEET POTATOES** : High in vitamin C, potassium and manganese? Most notably, however, they're bridging with vitamin A.

**GOJI BERRIES** : With up to 12 times the antioxidant levels of blueberries, it's no wonder these berries top the charts as one of the most nutrient-dense fruits. They are also loaded with nutrients that may help prevent eye disease, protect against skin damage and inhibit the growth of cancer cells.

**MILK** : Milk is high in nutrients, including calcium, magnesium, phosphorus, and vitamins A and D.

**ALMONDS** : Are one of the most nutrient-rich nuts available. They are among the best non-dairy sources of calcium, providing more milligrams of calcium per serving than any other nut, and are also high in vitamin E and protein.

**KALE** : Rich in vitamins K, A, and C, as well as other essential nutrients, kale has a multitude of benefits for skin, heart health, inflammation, helps with detoxification, supports heart health, reduces cancer cell growth, is good for vision, protects against diabetes, is good for skin and hair, and more.

**SPIRULINA** : This blue-green algae is considered one of the most nutritious ingredients on the planet. Gram for gram, it is higher in protein than red meat, contains all the essential fatty acids your body needs, and also provides tons of antioxidants and more.

**ACAI BERRIES** : Packed with antioxidants and health-promoting properties, the acai berry is a key part of the superfood definition. These berries are loaded with fiber, B vitamins, magnesium, potassium, and phosphorus. Studies have shown that compounds found in acai berries may help improve cognitive function, improve lipid profiles, and maintain normal blood sugar levels, thereby reducing the risk of metabolic syndrome.

**COCONUTS** : Coconut and coconut oil are both high in medium-chain triglycerides, a type of beneficial fat that can help support the health of your gut due to its bacteria-fighting, antioxidant properties. These fats are also easy to digest and can be burned as fuel to provide immediate energy. Coconut oil, in particular, has been hailed as one of the best weight loss ingredients and can help in keeping hair healthy and smooth. Be sure to use extra virgin coconut oil that has not been refined, and use it in your cooking and baking.

**FLAXSEEDS** : Is loaded with heart-healthy omega-3s that can help reduce inflammation, improve brain function, and even potentially protect against cancer and diabetes. These seeds are also high in thiamine, magnesium, phosphorus and manganese, plus contain a hearty dose of protein and fiber in each serving.

**GREEN TEA** : May help boost metabolism, improve oral hygiene, improve insulin sensitivity, and decrease several risk factors for heart disease.

**TURMERIC** : Curcumin is the active ingredient in turmeric, and studies have suggested it may help fight inflammation, stabilize blood sugar, and even prevent the growth of cancer cells. Be sure to pair **turmeric with black pepper**. This has been shown to improve the absorption of **curcumin** by up to 2,000%.

**GINGER** : Contains a specific compound called gingerol that is thought to be responsible for its many health benefits. Studies have shown that ginger can help relieve nausea, lower fasting blood sugar, increase working memory, and reduce muscle pain.

**DARK CHOCOLATE** : Contains flavanols/flavonoids, which are thought to prevent blood clots and improve blood flow. Cocoa powder and dark chocolate were significantly higher in antioxidants, flavonoids, and polyphenols than any other ingredient tested. Another 2011 study also showed that eating chocolate five times a week was associated with a 57% lower risk of heart disease.

**GRAPEFRUIT** : This is a citrus fruit that is packed with important nutrients. A single serving contains a good amount of fiber as well as vitamin C and vitamin A.

**BONE BROTH** : This is one of the few sources of gelatin and collagen, a type of beneficial structural protein that helps form connective tissues. It also contains calcium, magnesium, phosphorus, silicon, sulfur, and other compounds, like chondroitin sulfate and glucosamine, that benefit your joints, digestive system, and skin.

**RASPBERRIES** : Raspberries are a great source of fiber and are beneficial for digestion, heart health, and the gut microbiome. They are also rich in vitamin C, manganese, vitamin K, folate, and magnesium. A source of polyphenols, ellagic acid, carotenoids, and anthocyanins, these berries offer anti-inflammatory benefits that can help your heart, metabolism, immune system, and brain. They are also associated with better blood sugar control, making them a great choice for diabetics.

**SWISS CHARD** : Like other leafy greens, Swiss chard is an exceptional source of antioxidants, vitamin K, folate, calcium, magnesium, vitamin C, and fiber. Adding greens to your diet is associated with better protection against obesity,

heart disease, and type 2 diabetes, thanks in part to the many anti-inflammatory compounds these vegetables contain, including carotenoids like lutein and zeaxanthin and flavonoids like quercetin and kaempferol.

**FREE-RANGE EGGS** : Eggs are generally low in calories and are a good source of many nutrients, as well as fat and protein. They are rich in B vitamins, choline, iron, phosphorus, selenium, and vitamin A. Eggs are unique in that they contain choline, which supports cognitive function and development in infants and children but is difficult to obtain in most other foods. Recent studies also indicate that moderate egg consumption (one egg per day) is not associated with an overall risk of cardiovascular disease and is even associated with a potentially lower risk of cardiovascular disease.

**MUSTARD GREENS** : Mustard greens have a pungent flavor that indicates their high phytochemical content. They provide tons of glucosinolates and polyphenols, as well as other antioxidants that protect your body from free radical damage. They are also very low in calories and are a great source of fiber. This helps regulate your digestive tract and reduce high cholesterol levels.

**APPLES** : Very rich in antioxidants (polyphenols) that prevent cancer and a single apple has more antioxidant power than 1,500 milligrams of vitamin C to fight cancer. Good source of energy.

**POMEGRANATE** : Rich in vitamin C and polyphenols, considered antioxidants and therefore effective in reducing cholesterol levels and preventing hypertension.

**OILY FISH** : Rich in omega-3 oils which are good for reducing the risk of heart disease, help reduce cholesterol and blood pressure, inflammation and are good for improving brain health.

**RED WINE** : Contains antioxidants and especially resveratrol, which thins the blood and reduces the effects of cholesterol. It also helps eliminate fats and slow the aging process.

**YOGURT and KEFIR** : Fights bad bacteria in your gut, aids digestion, and metabolizes food. It's also a good source of calcium and protein. Kefir made from raw milk is especially beneficial because it's been fermented and contains probiotics that can help boost the good bacteria in your gut to promote better digestion and boost immunity.

**WALNUTS** : High in omega-3 oils and plant sterols that are thought to lower cholesterol.

**SPINACH** : Low in calories, high in vitamins B, C, and E and antioxidants, as well as iron and betaine, a vitamin-like nutrient thought to be good for your heart.

**OATS** : High in fiber and minerals like potassium and magnesium that lower cholesterol and improve digestion. The nutrients in oats apparently work better together than when eaten separately.

**BEANS** : They are rich in fiber which lowers cholesterol and improves digestion like oats, rich in vegetable protein, as well as B vitamins and potassium.

## **THE TRUTH BEHIND 9 POPULAR VITAMIN SUPPLEMENTS**

**Should you take supplements?** : Your body responds best to vitamins and minerals found in food. But not all essential nutrients are easily absorbed, which means some of us may not be getting what we need. Determine if you need to add to your diet with the latest research on nine popular vitamins and supplements.

### **Vitamin C**

Much controversy surrounds the idea that vitamin C can alleviate the common cold. But according to the National Institutes of Health, the majority of evidence shows that consuming large amounts may shorten a cold's course by about one day. "A high dose is 4,000 mg per day. I recommend taking four, 1,000 mg pills with lots of clear liquids," says Sarah Brett, RD, who teaches nutrition at the University of Idaho. "Vitamin C is water-soluble, so it works more effectively to flush out the virus when you drink a lot of fluid." Start at the first sign of symptoms.

### **Vitamin D**

This important vitamin helps your body absorb calcium. If you don't get enough vitamin D, or your body doesn't absorb it well, you increase the risk for osteoporosis. Skin makes vitamin D when exposed to the sun, but sunscreen can reduce its production by 95 percent. Vitamin D is present in only a few fortified foods such as milk, yogurt, and orange juice, as well as fatty fish like salmon and tuna. For all these reasons combined, the National Osteoporosis Foundation recommends taking a daily 400 IU vitamin D supplement. While some foods provide vitamin D, exposure to sunlight is still the best way to get the amount you need in order to prevent vitamin D deficiency symptoms. However, research has shown that eating foods that are rich in vitamin D and calcium also helps you acquire more, so try adding high-quality, natural sources into your diet regularly.

### **Vitamin E**

Vitamin E is an antioxidant, a substance that protects against the effects of free radicals - cell-damaging molecules that can play a role in heart disease, cancer and other diseases. Vitamin E also boosts your immune system. However, you may not need to add it as a supplement. Most people get enough vitamin E from the foods they eat, Good sources are vegetable oils, nuts, seeds, and leafy greens. Vitamin E is also added to foods like cereals as a natural preservative. Another reason to stick with food sources: Vitamin E supplements may be harmful for people who take blood thinners and other medicines.

## **Calcium**

As a dynamic tissue, bone is always in flux, either releasing calcium or depositing it. Your body needs enough of the mineral so that it does not have to take more from the bone than it can handle. But if you are 40 or older, do not assume you should be taking a calcium supplement. Data from almost 24,000 participants in the European Prospective Investigation into Cancer and Nutrition study found too much, as little as 2000 mg per day, can boost your risk of heart attack. Before reaching for a supplement, take an inventory of how much calcium you're already obtaining from the foods you eat regularly. The recommended daily dose is 1000mg for women under 50 and 1200 mg for those over 50 and in menopause. If you eat three servings of dairy a day, you are likely getting adequate amounts. For a list of foods with the bone-strengthening mineral visit the NIH website.

## **Omega-3 Fatty Acids**

For years experts have been telling us that to get enough heart and brain-protecting omega-3 fatty acids, we had to take supplements. The reason: Few foods contain these essential nutrients. But several new, large studies found participants showed no cognitive or cardiovascular benefit after taking the capsules. (The explanation is unclear; some researchers suggest that, overall, fish eaters have better diets.) Now, experts say to eat hearty doses of fish instead. "The recommendation is to eat fish at least twice a week. Salmon, mackerel, trout, and sardines have the highest amounts of these essential oils, but you can also opt for white fish like tilapia, halibut, and sea bass," says Giancoli. Allergic to fish or just not a fan? Partake in more flax, soy, canola, and walnuts.

## **Echinacea**

Like Vitamin C, echinacea's effectiveness in preventing colds is up for debate among researchers. Several clinical studies report that taking echinacea as either a tea or supplement is not effective; however, others found it can decrease the odds of developing the cold by 45 to 58 percent. "The problem is that scientific studies have used different types of echinacea plants and different methods of preparation, so it's not surprising that results vary," says Brett. With no potential risks, it might be worth a try. "I've found echinacea seems to be most effective if started when symptoms are first noticed and continued for 7 to 10 days," says Brett. Daily dosage is two to four cups of tea or two, 2,000 mg pills per day.

## **Ginkgo**

Although ginkgo is touted as a memory enhancer, most reports render those claims false. In fact, researchers at the University of Hertfordshire in the U.K - the first to look at the effect of the ancient plant on healthy people across all age groups - found zero impact on the cognitive functions regardless of age, dose taken, or length of time taking the supplement. This supports other recent studies indicating that ginkgo does not ward off Alzheimer's disease either. "Instead,

boost your brainpower by tackling a new skill like learning to play a musical instrument or becoming a social media pro," says Brett.

### **Black Cohosh**

Exactly how Black Cohosh works is unknown, but the National Institutes of Health found that it significantly reduces the frequency of menopausal hot flashes. "Taking 40 to 100mg per day has shown to be comparable to a prescription of low-dose transdermal estradiol," says Brett. Though she warns it is not for everyone: Black cohosh should not be used by pregnant or lactating women, those with a history of breast cancer or hormone-sensitive conditions such as uterine and ovarian cancer, endometriosis, or uterine fibroids. The herb might also be linked to liver failure and autoimmune hepatitis.

### **Garlic**

This odiferous root plant has been shown to have a bevy of health benefits when eaten fresh, (rather than aged or in supplement form). Fresh garlic may lead to lower blood pressure and a reduced risk of atherosclerosis, colon, rectal and stomach cancers, according to the U.S. National Library of Medicine. How to nosh on garlic without reeking? Chew on a few sprigs of parsley.

Please Visit the National Institutes of Health Website for more information at this link <http://www.nih.gov/>

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**TRYPTOPHAN;** Function. For many organisms (including humans), tryptophan is an [essential amino acid](#). This means that it cannot be synthesized by the organism and therefore must be part of its diet. Amino acids, including tryptophan, act as building blocks in [protein biosynthesis](#). **See the Table Below.**

#### **TABLE (Tryptophan Content in Various Food)**

<https://en.wikipedia.org/wiki/Tryptophan>

#### **Source of Omega 3 Oils.**

**I get my Omega 3 oils from either Sardine or Salmon or Chia Seeds, but never from any Predator Fish like Tuna or Shark or Sword Fish, because they are Predators and so they contains more heavy metals since that they eat all kinds of other fish so their levels of heavy metals and mercury is potentially much higher then of a non Predatory Fish that feeds only on plankton and sea weeds. See the Table at the link below.**

#### **TABLE ( Omega 3 Oils in Fish and other food)**

[https://en.wikipedia.org/wiki/Omega-3\\_fatty\\_acid](https://en.wikipedia.org/wiki/Omega-3_fatty_acid)

## **MORE ADVICES ON NUTRITION:**

### **\* WATER \***

The human body is composed of about 60 % of water for males and about 55% for females. This figure can vary more or less depending on how much fat your body contains because there is less water in fat cells. So the more fat you have on your body, the less water your body will contain. All the organs of your body need water to function properly. Water will also give you more endurance and energy during your work outs and you won't get tired as fast.

#### **Water will also help to.....**

- Permit a greater volume of blood to be delivered to your muscles during exercises.
- To transport nutritive elements and oxygen to your muscles.
- Water also acts as a medium for biochemical reactions.
- Water contains electrolyte (the chemical substance that transport electrical messages between nerves and muscles.
- Water will also lubricate all your articulations.

You must normally absorb two to three liters of water per day depending on your weight. If you don't absorb enough water daily, your system will retain more water in your body and this will make you look fatter than you really are. If your daily intake of water is sufficient day after day, your body will reject what it does not need and won't retain any surplus of water in your system.

During your exercises it's OK to drink some water but do not drink too much. Just a sip here and there to keep your body hydrated. Most of your daily water should be taken before and after your exercises.

### **\* COFFEE \***

Scientists have made lots of research on that subject and they contradict each other more or less on the absorption of coffee. The important thing to remember like in any other thing is, not to make any excess or abuse of it. To take two to three cup of coffee daily is OK for you but if you take more than five every day, you might be looking for trouble. Coffee is a stimulant and I take one just before my exercises. Some expert say that this will improve my performance for the first twenty minutes but then that I won't have anymore energy to do the rest of my workout. I think it is different for every body. For me it works really well because I start my workout very slowly and gradually intensify my exercises, and I have enough energy to go all the way. Some people take Caffeine Pills to give them more energy and if it works for them, that's OK too.

But for me I stay away from pills as much as possible, I let my body take its nutrient by food absorption more than by pills and supplements. If you take too much coffee you will feel over excited and you will be stressed all day and this will make you feel more tired than you should really be, and it might also cause you some sleeping disorders. The best advice I can give you is to be reasonable and

only take two to three cup a day, not more. Some experts also say that coffee will keep you away from some forms of cancers.

### \* \* \* **ANIMAL FAT AND WHITE SUGAR** \* \* \*

Stay away from Animal fat as much as possible, but remember that animal fat is needed to absorb Vitamin A, so a little at times is not a bad thing. It is not a problem if from time to time you have a good Rib Steak but you must not eat like that everyday. Here again you must use moderation and common senses and not make any excess by eating fat meat everyday of the week. Eliminate butter and replace it by Margarine made of 100% of Canola or Olive oil. Canola Oil and Olive Oil are good cholesterol that will help you to fight against bad cholesterol in your blood.

It is a good practice to absorb about one table spoon daily of Olive or Canola oil. I use Olive oil in all my cooking instead of butter and you will get use to it also, it's not that bad. If you want more taste in your food just add some seasonings, but make sure that those seasonings are not full of salts. White sugar is also very bad for you since it weakens your immune system. Use either a substitute or cut down on the absorption of white sugar. I use either Honey or Maple syrup if I want to have a sweet taste to my food. Cut down on the deserts, in only one tea spoon of Jam there is the equivalent of eight tea spoons of white sugar. Your body transform carbohydrates into sugar, so keep track of how much carbohydrates you absorb daily. **To know how much sugar there is in your food only find the total amount of Carbohydrate in grams on the food label, minus the amount of fibers in grams and divide the balance by 5. This will give you the amount of Tea Spoons of sugar that this food will contain or transform into once that it is absorbed into your body. Normally a total of 10 Teaspoon of sugar is the daily recommended quantity to stay healthy. Most people absorb 100 Tea Spoon a day and that is way too much sugar.**

### **DIETS AND FOOD SUPPLEMENTS:**

Be aware of all the scams out there about miracle diets, all they want is to get your money. They don't really care about your health or how fat or skinny you are. A good diet is a very simple thing that anybody can do by themselves and here is my method and it is SIMPLE AND FREE.

You must know from the start that the human body is like a machine and the food you eat during the day is equal to **(ENERGY IN)** and being active and doing exercise is equal to **(ENERGY OUT)**. Visualize your body like a balance and the food you intake must be equal to the energy you will burn each day or your body will store the excess of ENERGY as body fat.

So if you eat a lot you have to work out a lot to burn the same amount of energy you took in. It is as simple as that. Instead of having three big meals a

day, spread out your meals to five or six meals a day by making them smaller in size.

The reason is that if you give your body nutrient regularly and more often during the day, the body won't store energy as fat since you are providing your body with a steady stream of nutrient. The human body should receive nutrient every three hours, not more than that.

If you eat only three big meals a day, your body will tend to store that energy since it does not get its nutrient every three hours like it should. Don't eat a big meal and sit down on the couch for two hours and then eat more before you go to bed. You must be more active after a meal, but that does not mean to exercise right after a meal. Passing the vacuum or going out for a walk after the meal is excellent for digestion. So just move around after you eat to stay active and exercise only one hour and a half after a meal not before and do not eat anything three hours before you go to bed. It is better to loose your extra weight slowly then too fast.

**Stay on that good habit diet** instead of going on a severe diet to loose fat quickly, and that you could not keep for very long anyway, and after when you go back to your bad eating habits you will gain more weight then you have lost in that severe diet. Also if you don't eat enough during the day your body will tend to store every thing you intake, no mater how small of a meal you take. So this is why you should eat more often with five to six meals a day and your portions should be just big enough to sustain you with enough energy for the next three hours.

My diet is just about common senses and good habits to eat more often during the day with smaller portions and to stay active after the meals. Variety in the choice of your food is also very important. It is OK to eat just about anything you want except Animal Fat and white sugars, and as long as you don't eat too much either. In this diet it is Ok to cheat once a week. This means that you can have that big steak or go out for a Pizza or have Spaghetti, **WHAT EVER YOU LIKE**, this will satisfy your urges for fatty food and the rest of the week will be easier for you to eat less and to stay on this good habit diet. The next day after that big meal I make sure that I go to the gym to burn that extra energy out of me. Find out what kind of food has more Carbohydrates and limit your intake with those high carbohydrate food. Carbohydrates accumulates in the body and is stored as energy for you to use, if and when you will need it, but if you don't burn that energy soon, eventually the body will transform it as body fat. Athletes eat more Carbohydrates only one week before competition.

This good habit diet is the best diet that exist and that you will make your own for the rest of your life since it is very easy to follow and to stay on it, and it won't cost you more money to eat right.

Take it easy going into this new diet and change your bad habits gradually, not all in one shot and chances are that you will succeed. For Body Builders and Resistance Training, when your body gets enough energy from your food and supplements to make new muscles, your body is said to be in an anabolic state and you will progress to make new muscles from your food intake.

If you don't give your body enough nutrient and proteins that it needs to build new muscles your body could fall into a catabolic state and that means that if your body can't take what it needs to make new muscles from your food intake or supplements, it will take it from existing muscles fibers and other tissues from your body as it's energy source.

If you don't give your body enough energy from your food or supplements your muscles instead of progressing they will degrade and you will always feel tired and your energy level will be very low, and you will also gradually loose your strength.

If you have the symptoms mentioned above, it probably means that your body is in a Catabolic state you must either eat more energy food and take more proteins or reduce the amount of Resistance Training you are doing for as long as your body wont go back to it's Anabolic state. So you must balance your food and proteins intake with the amount of exercise you are doing.

**Nutrition and Exercises are two things that go well together and Exercise can not exist without good nutrition habits. Another important fact is that Exercise is not just a part time solution but is a lifelong commitment that will help you to stay young and healthy for a very long time.**

### **PRE WORKOUT NUTRITION :**

**Here is some of the Best Food that you should eat 2 to 3 hours before your workouts. You have to give time to your system to digest your food before you start working out.**

BEETS, CORDYCEPS (Mushrooms), COCONUT OIL, BERRIES, COCONUT-WATER, HIGH QUALITY PROTEIN LIKE (Chicken or Turkey), CHIA SEEDS, SPINACH, APPLES with KEFIR or YOGURT, PEANUT BUTTER & WHOLE WHEAT BREAD.

### **POST WORKOUT NUTRITION**

**Eating foods containing Carbs and Protein may help support your muscles after exercise. Experts recommend eating shortly after your workout for the most benefit.**

**CARBS:** • sweet potatoes • chocolate milk • quinoa and other grains • fruits • rice cakes • rice • oatmeal • potatoes • whole grain bread • edamame

**PROTEINS:** • protein powder • eggs • Greek yogurt • cottage cheese • salmon • chicken • protein bar • tuna

**FATS:** • avocado • nuts • nut butter • seeds • trail mix.

**FOR MORE ENERGY : DRINKS**

**Water; at least 2 pint a day, before and after exercise.**

**Gatorade; Right after exercise and during the afternoon.**

**Skim Milk; with protein mix and multigrain cereals.**

**Extra fluids aid in the elimination of toxins and improve your overall energy levels.**

**The extra that the body won't need, it will reject.**

**FOR MORE ENERGY : FOODS**

*Not all what follows is needed on a daily basis, just pick four of your favorites and rotate them from day to day.*

**White Honey or Honey....Two table spoon a day.**

**Fresh Strawberry..... One portion a day.**

**Apple..... One a day.**

**Asparagus..... 4 to 8 a day.**

**Brussels Sprouts..... 6 to 10 a day.**

**Tomatoes..... One a day.**

**Eggs..... Two a day.**

**Cornflakes..... Once a day.**

**Yogurt..... 3 table spoon after each meal.**

**Peanut Butter..... Once on 2 multigrain toast every day.**

**OTHERS**

**Royal Gel. (From bees and available in vitamin stores)**

**Ginseng. (also available in vitamin stores)**

**LAST ADVICES :**

**Limit your intake of white sugar, processed and packaged food. Enjoy natural sugars such as fruits, honey, molasses, rice syrup and maple syrup to sweeten your food. Include more healthy fat in your diet such as nuts, seeds, olive oil, canola oil, avocado, fish and flax to keep your body's cell strong and healthy.**

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## **MEDICAL DISCLAIMER**

***First thing.*** Check with your Family Doctor to see if you need to take any Vitamins or Minerals Supplements. You should know that the Human Body will reject the surplus of Vitamins you might intake, but will accumulate any Minerals because minerals take more time to be absorbed by the Body. Too much Minerals can do more harm than good to your overall body health. I can't be held responsible for your own actions and decisions on this matter. You must act accordingly to your own specific needs and only with your Doctor's approval.

***This paper is of informal nature only*** and does not pretend to be complete in its content. A very diversified diet has always worked very well for me and 5 to 6 Daily Meals of smaller proportions combined with Exercise and Stretching is the Key to stay Young and Healthy for a very, very long Time. Your new Diet and exercises habit will reinforce your immune system and keep you away from, Stress, Diseases, Cancers and your Family Doctor. This content is not intended to provide medical advice or to take the place of such advice or treatment from a personal physician. All readers of this content are advised to consult their doctors or qualified health professionals regarding specific health questions. gbphotodidactical.ca do not takes responsibility for possible health consequences of any person or persons reading or following the information in this educational content. All viewers of this content, especially those taking prescription or over-the-counter medications, should consult their physicians before beginning any nutrition, supplement or lifestyle program.

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