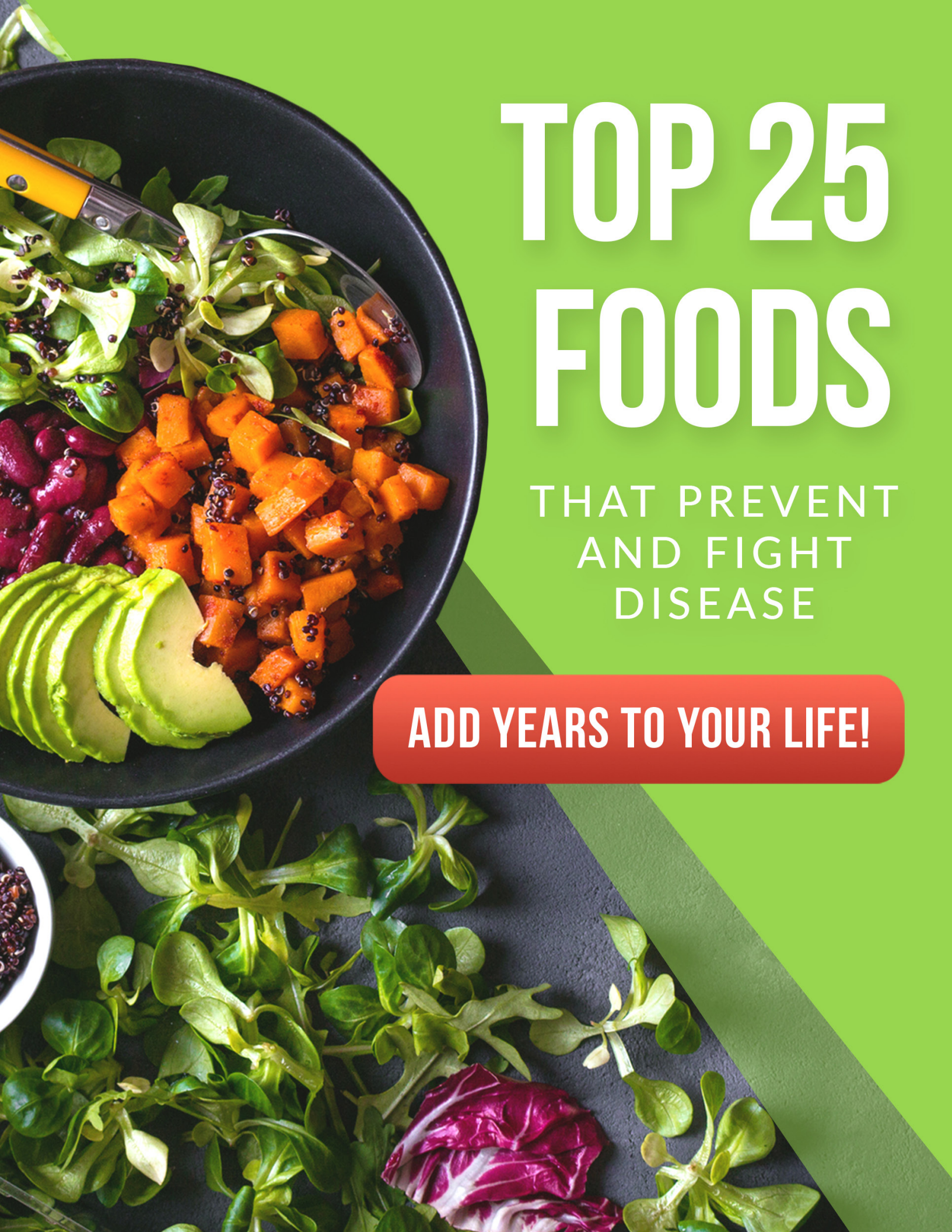


TOP 25 FOODS

THAT PREVENT AND FIGHT DISEASE

ADD YEARS TO YOUR LIFE!

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25 Superfoods to Improve Your Health and Longevity

Imagine that you could reverse disease and any ill health issue that you're dealing with right now.

Even better than that, you can prevent disease and enjoy a long, healthy, and active life.

The good news is, this isn't that hard.

Plus, the method I'll share with you today is inexpensive compared to medications and surgery.

I'm talking about diet, and how it can improve and extend your life.

Soon I'll share 25 superfoods that will make you feel energetic and avoid diseases like cancer, diabetes, and heart disease.

These superfoods can fight these diseases too, so you can actually reverse damage.

Food as Medicine

Today we're blessed with a wealth of knowledge about our health and how our bodies work.

We have scientific and medical advancements, new studies, and new discoveries all the time.

More and more people are living longer, healthier lives.

You might attribute that fact to advanced medicine, but medicine to treat conditions isn't what helps people live long lives.

Food is the first medicine.

The right foods will improve your health, make you feel great, give you energy, and give you a long, active life.

Certain foods treat and even *reverse* disease.

That's great news, right?

The flip side of the coin is that food can also be poison—when you eat unhealthy foods.

The "Standard American Diet" is ironically shortened to SAD, and kills people over time.

The SAD diet is rich in red meat (which causes problems we'll soon discuss), dairy products, processed foods, simple carbohydrates, fast food, sugar, and salt, while being low in vegetables and fruit.

You can choose your health by choosing your foods.

Before we get into the specific super foods, it's important to look at disease and what causes it, so you understand what's going on in our bodies.

Top Causes of Death in the U.S. and their Causes

Heart disease is the top killer for both men and women.

It's largely a lifestyle disease, meaning it's preventable.

An unhealthy diet and lack of exercise can lead to plaque buildup in the artery walls of the heart, causing blockage.

Cancer is the next leading killer, and comes in many forms.

Cancer is often caused by lifestyle even though not everyone finds the direct link.

These two diseases actually have a common cause in certain types of meat, which I'll discuss in a moment.

I should first mention another lifestyle disease that's affecting 30 million Americans, and that's diabetes.

Along with those 30 million diabetics, another 80 million people are pre-diabetic.

Diabetes is insulin resistance. Basically, we get diabetes when we eat too much sugar for too long, and our bodies become resistant to insulin.

Then we can no longer manage the blood level in our blood.

Diabetes is a disease that causes complications and contributes to a shorter life span.

Many other diseases that are affecting millions of Americans are linked to inflammation in the gut and body. This inflammation is cause by...you can probably guess...diet.

What NOT to Eat...and Why

Most of us know that eating processed, packaged food from the grocery store isn't healthy.

Ditto on fast food.

The issue is, many of us still eat it.

Why? It's often cheaper, quicker, and just easier.

Of course, the price you pay down the road is huge.

But let's say you're eating pretty healthy, avoiding soda and sugary drinks, fast food, and all the chemicals in processed food.

There are still foods to avoid, some that are thought of as healthy.

Let's talk about **animal products.**

A long and growing list of studies is showing a link between eating red meat and diseases like heart disease, cancer, and diabetes.

Eating one meal high in fat paralyzes arteries so they can't relax.

This inflames the vascular system. It calms down in a few hours, but then it's meal time again.

Eating meals mainly containing meat, eggs, or dairy creates a state of low-grade inflammation.

That sets you up to develop heart disease, diabetes, and cancer.

Is it a guarantee that you'll get a disease by eating animal fats?

No, but you have a much higher chance, and it affects your health and how you feel.

Part of the danger is the fat, and another part is how the fat in animal products carries bacterial toxins called endotoxins.

New research shows that cooking and our stomach acid do NOT destroy these toxins.

This toxic bacteria causes inflammation right away, while the fat causes lingering problems.

That's a lot of bad news.

However, it leads to some very interesting and exciting news about what happens to our bodies when we cut back or even eliminate animals products.

To be more specific...

Eating a plant-based diet makes a HUGE difference in our body's ability to fight off and reverse diseases.

Let's take a look at diet and cancer.

What a Plant-based Diet Does to Cancer Cells

Our bodies naturally work to fight off cancer, the same way we fight colds and heal cuts.

We know our bodies have a defense system and can heal certain injuries.

Even when you're not that healthy, your body fights for you.

People eating the SAD diet do fight off cancer. Research shows their blood slows cancer growth rates by 9%.

That's a little bit.

Researches put people on a plant-based diet for a year, and their blood had 8 times the power to stop cancer growth.

Here's what happens.

Cancer is caused by a hormone called IGF-1, or Insulin-like Growth Factor One.

This cancer-promoting growth hormone works at every stage of cancer growth, so cutting down on this hormone slows and stops cancer at all the stages.

When people go on a plant-based diet, their IGF-1 levels go down.

The longer they eat a plant-based diet, the lower their levels drop.

The World Cancer Research Fund promotes a plant-based diet to prevent cancer.

A plant-based diet has:

- **Whole grains**
- **Fruits**
- **Vegetables**
- **Legumes**

This diet, along with no meat consumption, reverses heart disease and slows cancer.

Eating plants offers huge health benefits. I'd like to mention one more before we talk about super foods.

A PLANT BASED DIET AND DEPRESSION

Many different plants can help with depression.

Cashews actually work like Prozac, so eating a small handful every day can boost your mood.

Prozac and similar antidepressants elevate serotonin levels, a hormone that affects our happiness.

Here's the interesting thing...

Serotonin is in plants.

You'll also find dopamine and human neurotransmitters.

Sources of high-content serotonin include:

- **Pineapple**
- **Plantains**
- **Bananas**
- **Kiwis**
- **Plums**
- **Tomatoes**

Depression creates a self-sabotaging cycle.

You feel depressed so you don't do things that would make you feel better, like exercise and eating lots of fresh fruit and vegetables.

The lack of exercise and nutrition in turn causes more depression.

So pushing yourself to exercise and eat right can break the cycle.

Eating the right foods:

- **Keeps you at a healthy weight**
- **Gives you energy**
- **Improves skin clarity and tone**
- **Helps with mental focus and emotional mood**
- **Prevents many diseases**
- **Slows and reverses diseases**

If you want to prevent and even cure heart disease, cancer, and diabetes, read on.

25 Superfoods to Improve Your Health and Longevity

1. AN APPLE A DAY…

An apple a day keeps the doctor away.

The saying has been around forever for a reason.

It might have come about before people understood the science, but they knew that eating apples kept them well.

You can eat different fruits on different days, but including apples in your diet is so worth it.

Apples have antioxidants that prevent all kinds of cell damage and cancer.

The antioxidant procyanidins triggers signals that result in cancer cell death.

This fruit is the richest in pectin, a soluble fiber that:

- **Lowers blood pressure**
- **Reduces cholesterol**
- **Decreases the risk of colon and breast cancers**

Apples are yummy by themselves or in a salad, and make a great sweet snack on the go.

There's a variety of apple to please everyone, from crisp and sweet, to sour, to soft and mellow.

2. ORANGES, A ZESTY SUPERFOOD

Vitamins are best from the source instead of supplements.

You can get all of your daily vitamin C from an orange about the size of a tennis ball.

Oranges supercharge your immune system. To prove this to yourself, try eating oranges the next time you get a bad cold.

You'll feel better much sooner.

The vitamin C in oranges also fights cancer and other cell damage.

The health benefits don't stop there. You'll also get fiber, potassium, calcium, folate, and other B vitamins.

All of these nutrients in oranges reduce blood pressure, cholesterol, and heart failure.

It turns out that the soluble fiber pectin in oranges soaks up cholesterol in food and even blocks its absorption into your body.

Citrus pectin neutralizes the protein galectin-3, which causes scarring of heart tissue and then congestive heart failure.

Who knew oranges were good for the heart?

The potassium in oranges helps regulate blood pressure because it counterbalances salt.

So when you eat an orange, you're boosting your immunity, preventing and fighting cancer, and preventing high blood pressure and heart damage.

Oranges clean your body while giving you an energy burst.

They even fix your sweet tooth!

Try oranges with other fruit for an even bigger health boost, and flavor them with honey and even ginger.

Remember, too, that you should eat oranges (and all fruit) and not drink orange juice for these health benefits.

Drinking your oranges takes out the fiber, and concentrates the sugar. The fiber is important to regulate your blood sugar and avoid an insulin spike.

3. PA...PA... PAPAYAS

This fruit is fun to say and super healthy, and even low calorie!

Like oranges, papayas are rich in vitamin C and prevent cholesterol build up in your arteries.

Papayas also have potassium, folate, and vitamins A and E, and offer a huge array of health benefits.

The vitamin A protects your vision from age related diseases like macular degeneration.

This fruit actually helps with digestion due to its digestive enzyme called papain and fiber.

Along with papain and fiber, papayas have low sugar content even though they're super yummy and sweet.

That makes them a good fruit for diabetics.

The low sugar content means it's a good treat to satisfy your sweet tooth while preventing diabetes.

The fiber and low sugar and calories in papaya makes it a good diet food because it'll leave you feeling full and clear bowels because it's a digestion aid.

Papain also relieves menstrual symptoms by regulating and easing flow during periods.

If all of those benefits weren't enough, papayas help with arthritis due to the anti-inflammatory properties.

Frozen papaya makes a delicious smoothie, and of course it's good fresh and in salads.

4. POMEGRANATE...THE FRUIT BURIED WITH KING TUT

This fruit takes a little effort to eat, but once you have the seeds out, they're a delicious superfood.

Pomegranates have lots of vitamin C like other fruit (40% of your daily needed intake!), and they're high in fiber, so they offer some of the same health benefits.

Additionally, pomegranates offer protection against plague buildup in artery walls of the heart.

LDL cholesterol, the bad kind, oxidizes and sticks to artery walls and forms plaque.

This fruit activates an enzyme that breaks down oxidized cholesterol.

Eating pomegranates or drinking the juice will stop the progression of plaque and reverse some of the buildup, when you drink 8 ounces a day.

So you can get around the messy part of cutting the fruit up by drinking this one in juice form.

5. RASPBERRIES, NATURE'S CANDY

Raspberries are the perfect health treat.

They're loaded with vitamins, fiber, manganese, antioxidants, and a high concentration of ellagic acid, a phenolic compound that prevents cancer.

The phenolic compound stops the growth of cancer cells and actually eliminates the progress of the disease.

These little berries are powerful!

They do more than fight cancer too.

Raspberries reduce your risk for macular degeneration, an age-related eye disease that causes blindness in the middle of your vision.

If you still need more reasons to treat yourself with these yummy berries...

Raspberries are used to lose weight and fight the signs of aging, and they boost your immune system like many other fruits high in vitamin C.

They're especially good for women...

Tea made from their leaves helps regulate menstrual cycles, relieve nausea during pregnancy, and help lactating women produce more milk.

Raspberries come in many varieties, from the typical red berry, to black, and even a sweeter yellow version.

They're a great topping for cereal and yogurt, and they make any berry smoothie even better.

6. SPINACH; POPEYE WAS RIGHT ABOUT IT!

Some might cringe at the thought of spinach.

They're thinking of the slimy green goo school cafeterias served a long time ago.

Don't let that ruin it for you!

Spinach can be delicious cooked into omelets, dip, spaghetti sauce, and many other dishes, and of course fresh in a salad.

This superfood has a long list of nutrients.

It's high in zinc, niacin, protein, fiber, and vitamins A, C, E, K, B6, thiamin, folate, calcium, iron, magnesium phosphorus, potassium, copper, and manganese.

Spinach is packed with flavonoids, and these antioxidants keep cholesterol from oxidizing.

It also protects the heart from cardiovascular disease.

That helps it combat ovarian, breast, and colon cancers.

Along with fighting cancer, spinach reduces the decline in brain function associated with aging.

To retain the iron in spinach while cooking, add a dash of lemon juice or vinegar.

7. KALE, THE NEW BEEF?

Kale truly is a superfood!

It has more iron than beef does per calorie.

Kale has more calcium than milk, so it's great for your bones, especially if you're lactose intolerant.

It's loaded with heart-healthy antioxidants to keep your heart healthy for the long haul.

It has omega-3 fatty acids, which you might not expect from a leafy green.

It also has fiber, folate, potassium, and vitamins A, C, E, and K.

Vitamin A is good for your eyesight and it prevents lung and oral cancers.

The vitamin K in kale protects against cancer, improves bone health and blood clotting, and helps people with Alzheimer's disease.

The lutein in Kale protects against early atherosclerosis.

In addition to all of these nutrients, Kale contains an unusual compound called glucoraphanin.

This compound activates a special protective protein called Nrf2.

Nrf2 makes a coating in your arteries that actually keeps plaque from sticking.

There's even more...

The fiber and sulfur in kale make it a great detox food, and it has anti-inflammatory properties.

For a super long list of health benefits that will give you long life, throw kale in your smoothies and salads!

You can also find it dried into chips and other snacks.

8. GARLIC – DISPELS VAMPIRES AND BAD HEALTH

Garlic is potent in flavor and health benefits.

In fact, the ancient world used it more for medicinal purposes than to flavor food.

The ancient Greeks gave garlic to Olympic athletes to improve performance.

Garlic has manganese, calcium, copper, potassium, phosphorus, iron, selenium, fiber, and vitamins C, B1, and B6.

It even has trace amounts of other elements, meaning it has a tiny bit of almost everything we need.

When you cut or crush garlic, it forms a compound called allicin.

That smell is literally life saving!

Allicin gives garlic its aroma, and it gives us health benefits that will improve health and extend life.

The health benefits from allicin are so powerful that many people take garlic supplements to treat many different illnesses.

It reduces the number of colds you get by over 60% *and* helps you get over them faster.

It reduces blood pressure.

When taken at doses of 600 to 1500 mg, taking garlic is as effective as medication for lowering blood pressure.

Along with that, it improves cholesterol levels.

So it's really good for your heart.

Garlic is great for your mind too.

Its antioxidants prevent Alzheimer's Disease because it helps the heart, arteries, and mind, and supports the body's protective mechanisms.

To get all these health benefits, crush or mince garlic *before* cooking.

You can also take garlic extracts, but remember that nutrients from real, whole foods are better sources.

9. PUMPKINS, THE FLAVOR OF FALL

September rolls around and soon it's pumpkin everything.

The trick is eating real pumpkin, and not artificial flavor, which is what you find in most of the seasonal treats, like coffee drinks.

Real pumpkin is filling, yummy, and healthy.

And we get health benefits from both the seeds and the meat.

Pumpkin is high in fiber and beta-carotene (converted to vitamin A in the body), which reduces the risk of developing lung cancer.

Vitamin A aids our vision too.

Cooked pumpkin is a great source of fiber while being low calorie, if you don't add lots of sugar.

That makes it a good diet food, and you can still spice it up.

Try pumpkin baked, chopped into root melodies with carrots and sweet potatoes, and toast the seeds.

10. SWEET POTATOES...A POTATO POWERHOUSE

A baked sweet potato makes an easy dinner packed with health enhancing benefits.

Sweet potatoes are tubers high in vitamins B6, C, D so they help our immune system and bones.

Vitamin B6 reduces homocysteine, a hormone linked to degenerative diseases and heart attacks.

Most Americans are deficient in magnesium...

Thankfully sweet potatoes are loaded with it.

The magnesium in sweet potatoes helps relax us and works as an anti stress trigger.

Magnesium also helps with artery health, blood, bone, heart, muscle, and nerve function.

Then we have beta-carotene. A medium sweet potato has over four times what you need every day.

The rich orange color is actually rich in antioxidants—any natural food with bright, natural color offers protection against cancer and signs of aging.

These tasty tubers are also rich in potassium.

Lastly, the natural sugars in sweet potatoes are released slowly into the bloodstream, so you blood sugar stays balanced instead of spiking. Boiling sweet potatoes can leach out water-soluble vitamins, so try them roasted, baked, or cubed into salads.

11. QUINOA, ANCIENT SUPER GRAIN AND COMPLETE PROTEIN

This is pronounced “keen-wah” for anyone unfamiliar with it. This ancient grain has become very popular lately.

It’s technically not a grain, but a seed, but it counts as a whole grain for diet considerations.

Quinoa is gluten free and high in protein, and it’s one of the few plants that have all nine essential amino acids.

Those are the acids that we don't produce so we need to eat them in our diet.

Having all nine makes it a complete protein, and perfect for vegans and vegetarians.

Quinoa is also high in the B vitamins, manganese, magnesium, folate, iron, potassium, calcium, phosphorus, vitamin E, and dietary fiber.

Consuming dietary fiber from whole-grain foods like quinoa reduces your risk of high blood pressure and heart attack.

Quinoa is a great source of magnesium, which relaxes blood vessels as I've mentioned.

Magnesium also reduces the frequency of migraines.

Quinoa has two flavonoids (plant antioxidants that offer many health benefits) called quercetin and kaempferol.

These are anti-inflammatory, anti-viral, anti-cancer and anti-depressant.

Talk about a positive health boost!

Boil quinoa and mix into meals, or use as a replacement for rice or pasta.

Be aware that it's very high fiber so start out with a small amount and build up.

12. OATMEAL FOR A SUPER HEALTH BREAKFAST

Here's another gluten free grain, and this one is famous for its health benefits.

Oatmeal is super filling, making it an awesome way to start your day.

The fiber alone will extend your life.

Eating just a cup of oatmeal will extend a woman's life as much as 4 hours of jogging a week would.

Imagine if you did both!

The fiber in oatmeal is beta-glucan, which reduces LDL cholesterol, blood sugar, and insulin response.

You'll also feel full while getting good bacteria in the gut.

Oatmeal is packed with nutrition. Here's what you find in just half a cup:

- **Manganese: 191% of the RDI**
- **Phosphorus: 41% of the RDI**
- **Magnesium: 34% of the RDI**
- **Copper: 24% of the RDI**
- **Iron: 20% of the RDI**
- **Zinc: 20% of the RDI**
- **Folate: 11% of the RDI**
- **Vitamin B1 (thiamin): 39% of the RDI**
- **Vitamin B5 (pantothenic acid): 10% of the RDI**

Oats also have many antioxidants and avenanthramides, which are only found in oats.

Avenanthramides increase the production of nitric oxide, which lowers blood pressure.

This superfood is so easy to add to your diet.

Another reason oatmeal is a super star for your health is that it's easy to add other superfoods to it.

Your breakfast can include healthy oatmeal along with:

- **Fruit or berries**
- **Honey**
- **Milled flax seed**
- **Nuts**
- **Maple syrup**
- **Cinnamon**
- **Seeds**

You can have a sweet, hot, filling breakfast without adding sugar!

13. NUTS – GET NUTTY ABOUT ENERGY!

Any life extending diet from around the world includes nuts.

When we eat close to a “caveman” or Paleo diet, we eat foods that our body recognizes and uses well for good health.

Nuts are packed with protein and good oils, and do so much for our health.

They keep you at a healthy weight and help you feel full, so they’re the perfect snack.

Nuts contain:

- **Unsaturated fats**
- **Omega 3 fatty acids**
- **Fiber**
- **Vitamin E**
- **Plant sterols, which lower cholesterol**
- **L-arginine, improve artery wall health**

Nuts are a nutritionally and fat dense food, so you don't have to eat a ton of them to get health benefits.

Have a small handful of nuts as a snack—unsalted, raw are best for your health.

14. LENTILS – LEGUMES FOR A LONG LIFE

This tasty yet low calorie food reduces blood pressure and prevents heart disease.

An international study followed 12,763 people in eight countries for 25 years.

This study found that lentils caused an 82% reduction in the risk of death from heart disease.

That's because they're a lean vegetable protein with lots of fiber, folate, magnesium, and potassium.

The soluble fiber traps carbohydrates and slows digestion, which keeps blood sugar level.

26% of lentil's calories come from protein, and that makes them a great source of protein and energy for vegetarians and vegans.

Of course, they're super healthy for everyone!

They give you steady energy too due to the fiber and complex carbs.

Lentils are easy to cook, low calories, low fat, and packed with energy and nutrition.

Make them a part of your diet for long life and great health to enjoy it.

15. ALFALFA SPROUTS, LITTLE PLANT, BIG PUNCH!

A cup of alfalfa sprouts has less than 10 calories.

It's also fat-free.

So these are a great diet food and crunchy snack, or addition to your salad or sandwich.

Yet they contain a wealth of health benefits that will keep you younger, longer.

Alfalfa sprouts have phytochemicals called saponins, and these prevent cancer and lower cholesterol.

They're packed with:

- **Vitamins A, C, and K**
- **Folate**
- **Manganese**
- **Copper**
- **Phosporus**
- **Magnesium**
- **Iron**
- **Riboflavin**
- **Zinc**
- **Thiamine**
- **Antioxidants**
- **Fiber**

Alfalfa sprouts are especially good for females.

Studies have shown the vitamin K in alfalfa sprouts lowers the risk of breast cancer, and they also minimize menstruation and menopause symptoms.

They're super high in antioxidants and other anti-aging agents.

Add these little treats into your diet for longer life.

16. WATERCRESS, UNDERRATED CANCER FIGHTER

Vitamin K is very important to women's health, as we've just seen.

Watercress is another food packed with that vitamin.

One cup of this leafy green supplies nearly 100% of a woman's recommended daily amount of vitamin K.

It also has more vitamin C than an orange, more calcium than milk, more iron than spinach.

So it's really packed with nutrition!

Additionally, it has:

- **Folate**
- **Vitamins A, B6, B12**
- **Iron**
- **Magnesium**
- **Phosphorus**
- **Phytonutrients that prevent and fight stomach, lung, and breast cancer**

Eating one salad of watercress increases molecules in your blood that prevent cancer.

That's pretty amazing.

It even repairs damage to white blood cells, so previous cigarette smokers should use this to revive their health.

Watercress also improves thyroid function, cardiovascular health, and bone health.

Just add it to your salads, smoothies, sandwiches, and stir-fry.

17. AVOCADOS, IT'S GOOD FOR MORE THAN GUACAMOLE!

Avocados are somewhat weird.

And I mean that in a good way, even though some cultures call them an alligator pear.

They're a fruit...that's a little like a nut...but it's also creamy.

Most fruits have carbs, while avocados are made of healthy fats that offer many health benefits.

Avocados offer:

- **Protein**
- **Healthy fat**
- **Fiber**
- **Vitamins E, B5, B6, C, and K**
- **Folate**
- **Potassium**

Avocados are great for your heart, plus they lower cholesterol and triglyceride levels.

They're good plain, maybe with a little salt and pepper, and you can use them in all kinds of recipes.

They make great dip and topping, or slice them and add to salads and tacos.
They can satisfy that craving for something creamy and fatty, but they're super good for your heart.

18. BEETS – BEAT BACK DISEASE WITH BEETS

You probably pictured the round, red bottom of a beet.

But this superfood has a healthy root and leafy green part, and both offer many boosts to your health.

Beets have all kinds of antioxidants and protect us against cancer, heart disease, and inflammation.

Beets offer many other benefits including:

- **Boosting stamina**
- **Lowering blood pressure**
- **Fighting inflammation**
- **Preventing cancer (that bright red color is healthy!)**

They're high in natural sugar, however, so eat these in moderation.

Due to the sugar content, they're good as a salad topping when you shred them.

The leafy green tops are rich in iron and folate. Use the tops like spinach.

19. CRANBERRIES, ANOTHER CANCER FIGHTER

Cranberries are known for protecting against urinary tract infections.

That is true, but the juice sold in stores doesn't have enough of the active ingredient.

That ingredient is the antioxidant proanthocyanidins (PACs), and it helps to stop certain bacteria from sticking to urinary tract walls.

You can buy organic, pure cranberry juice that's not from concentrate, but it's bitter.

However, drinking lots of cranberry juice, even if it's a cocktail, still hydrates you and flushes bacteria out of the urinary track.

Concentration cranberry supplements do treat UTIs and prevent them.

We get many other benefits from cranberries. They slow tumor progression and help many different cancers.

They even help cancer medicine work better.

They may improve blood cholesterol and help people recover from strokes.

20. FLAXSEED, FIGHTING CANCER SINCE BABYLONIAN TIMES

This tiny seed has been around since 3000 B.C.!

People have long eaten it for health benefits, and today science can finally prove those claims.

It lowers cholesterol, reduces the risk of heart attack, and treats arrhythmia (irregular heartbeat) and heart failure.

That's already a great deal!

Added to that, flaxseed also has lignan, a powerful antioxidant that protects against breast, prostate, and colon cancer.

In just a few tablespoons of ground seeds, you get all of the recommended daily omega-3 fatty acids.

Flaxseed has a specific omega-3 called ALA, which inhibits tumors and their growth.

Flaxseed is best digested when it's ground, so add it to your oatmeal, cereal, smoothie, or recipes.

21. YOGURT (NOT THE SUGAR LACED KIND!)

Gut health is a fairly new topic, but we're learning that we have a bacteria biome in our gut that affects our health in many ways.

It's important to help this stay at a good balance.

Yogurt has probiotics, or bacteria that live in the intestine that aid in digestion and much more:

- **They boost the immune system**
- **Affect autoimmune diseases**
- **Diminish bad breath**
- **Affect health, immunity, and life span**

Yogurt also has calcium and protein. Plus you can add honey, berries, and fruit for more health benefits.

Look for healthy, unsweetened yogurt and add fruit to sweeten.

22. FISH FOR YOUR HEART AND BRAIN HEALTH

The American standard diet is very low in omega-3 fatty acids, while being high in omega-6, which we don't want.

Oily fish supplies omega-3.

Sardines have some of the highest levels, but other cold water fish are a good source too.

Omega-3s are good fats that lower harmful triglycerides and even raise protective HDL.

Cultures where people live the longest have diets with fish.

Try a fish oil supplement if you really don't like eating fish.

23. TEA TIME!

Tea is another superfood that has been known for health benefits for a long time.

Remember to drink actual tea leaves.

Herbal teas are also good for you, but tea leaves are a rich source of a plant substance called flavonoids.

These neutralize oxidation in the body.

Particular flavonoids in green tea, called catechins, protect our cells and reduce the risk of:

- **Alzheimer's disease**
- **Diabetes**
- **Cancer**

Consider switching out some of your coffee for tea, or have tea instead.

24. TOMATOES...AND NOT THE ROTTEN KIND!

Whether we're talking sauce or sliced in a sandwich, tomatoes have many uses.

They do many things for us too.

That includes having something other plants don't: lycopene.

The lycopene in tomatoes protects our skin from UV rays, so you'll look good while enjoying your long life.

Lycopene also lowers cholesterol and prevents some cancers.

Cooking actually brings out the benefits, so enjoy this food fresh and cooked.

25. ORGANIC FOODS – FARMER'S MARKET, HERE WE COME

Yes, I know that's not really one type of food, but it's worth talking about eating organic.

There's been a debate about whether organic foods are nutritionally the same or not, but new research shows organic might have more vitamins and minerals.

The other important point is, organic doesn't have all the chemicals, which is the big point.

If you're going to eat healthy for your health, why ingest chemicals with negative effects?

Small things add up, and you can increase your health in increments by eating organic, buying free range meat (when eating meat), and free range chicken eggs.

Skip out on things enhanced with hormones.

Your health is in your hands, and if you don't really know where food came from, why put it into your body?

Now you have a handy list of superfoods for better health and longer life.

Eating a plant-based diet will help you feel energetic, vibrant, and healthy.

Plus these foods are delicious!