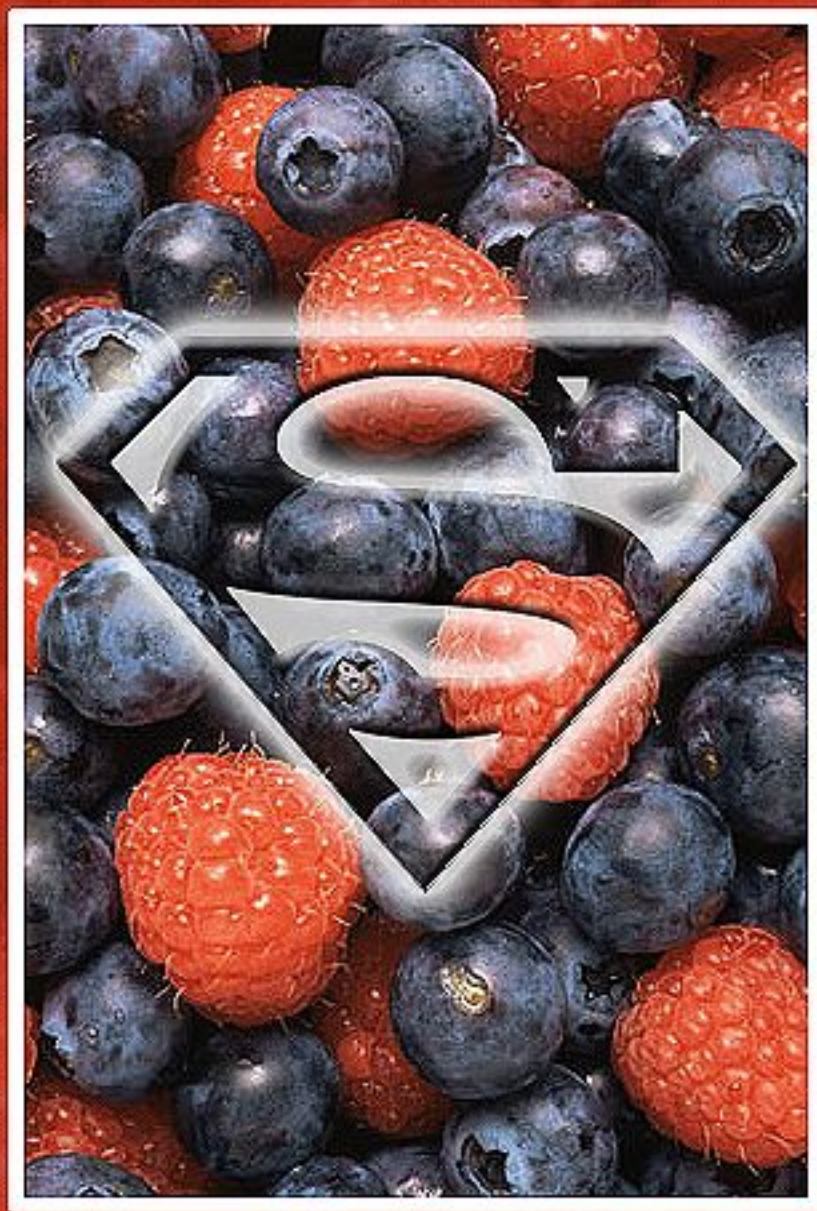


# THE Top 10 “SuperFoods”



**The 10 Most Important  
Foods You Can Ever Eat**

**JON BENSON & DAVID ELLER**



# SPECIAL REPORT: The Top 10 “SuperFoods”

*by Jon Benson and David Eller*



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Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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## SPECIAL REPORT: The Top 10 SuperFoods!

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## Introduction

If you're ever in a curious mood, Google the words, "food" and "the best medicine." Three guesses what you'll come up with.

We've always known this—that food is the best medicine—but few of us realize how powerful this medicine is. Food has been called, "the ultimate and most powerful drug" by Dr. Barry Sears. Food has been singled out as "the most important treatment of any illness, and the only physical thing that can prevent it," paraphrased, by too many doctors to list.

However, there are "SuperFoods" — foods that are THE most powerful, THE most effective at encouraging internal healing, and THE most preventative. While the list is longer than ten, we decided to compile our favorites for you in this Special Report.

Motivational guru Jim Rohn says, "Some things you have to do every day. Eating seven apples on Saturday night instead of one a day just isn't going to get the job done." Jim is referencing procrastination and success. However, his quote works for our purposes as well.

### **You must consume these foods regularly to notice any health benefits!**

In the same way that you can eat junk food on occasion and not suffer any negative consequences health-wise, you can eat these SuperFoods on rare occasion and never see any benefits from your efforts.

*Consume at least three to five of these SuperFoods daily, if not more, and if not more often!*

They are that powerful...and they are all found in your local grocery store. There's nothing "super" about their location, merely their potential impact on your immediate health and body fat levels.

Specially, many of the foods cited in this Special Report have been shown clinically to reduce and/or prevent the onset of various diseases, such as cancer, type II diabetes, heart disease, and strokes. They greatly assist in slowing the aging process as well. People who seem to be "forever young" generally consume a large amount of the foods listed in this report.

So, are you ready to strap on your red cape, ditch the Kryptonite (candy, processed foods, and JUNK), and put that big "S" on your chest with the aid of the Top 10 SuperFoods?

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## Avocados

Multiple studies show that if you add foods with health-supporting "good" fats to an already healthy diet, your blood pressure can drop along with your body fat. That really is two great things that go great together.

Avocados are a great way to do that.

Avocados are high in fat; but almost all of it is monounsaturated fat, which helps lower LDL cholesterol — and does so without lowering your HDL.

Avocados are the number one "honor roll plant food" for nutrition. They are so high in so many nutrients, you could *almost* live on nothing else, and/or substitute them for your daily vitamin and mineral supplement. (However, we do not suggest either — the point is that avocados are The Plant Of Steel when it comes to nutritive density.)

Eat them plain, or as guacamole. Avocados are also great hunger satisfiers.

## Nuts (Walnuts And Almonds in Particular)

Walnuts are in many ways the top food in this category. But almonds and other nuts are nearly as powerful, and have slightly different health benefits. Also, the taste of nuts vary so much, and that's important for any long-term dietary plan.

(NOTE: some people are allergic to tree nuts. Also, we highly recommend avoiding peanuts entirely.)

For those who can eat them, nuts in general are true SuperFoods. They are high in magnesium, which is vital for your heart health and controlling blood sugar levels. Most people are magnesium-deficient due to multiple factors, including stress and poor nutrition.

Walnuts are high in several variations of natural vitamin E. Again, this is a crucial nutrient in heart health, despite the slander you may have heard in the media recently about vitamin E and the "worthless" impact it has on the heart. Nothing could be further from the truth, but "reports" like this help the pharmaceutical companies to a large degree. Funny, as they tend to be behind most of these so-called 'unbiased' research endeavors.

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Most nuts are high in the amino acid arginine, which protects your heart by keeping your arteries flexible and responsive and your blood pressure in the desirable range. Arginine also helps keep blood flow to your sexual areas. Yes, you read that right guys. Arginine is used as a natural erectile treatment.

In addition, nuts are filling because they are high in protein, fiber and fat. If that scares you, rest easy. Multiple studies have found that people who added 500 calories a day of nuts to their diet did NOT gain any weight. Apparently they were satiated to the point where they simply consumed fewer calories throughout the rest of their day.

As you might imagine, this can be helpful if you are trying to lose weight and keep it off, or if you're a vegan or vegetarian and require greater amounts of fat and protein. Too many "vegetarians" are "starchitarians", as Jon says in *Simply Eat!* Replacing some of those starches with healthy fats and proteins from nuts can go a long way to lowering blood sugar and body fat at the same time. Plus, they taste great!

As if that wasn't enough, nuts are high in **sterols**, which have been shown to have multiple protective factors in...you guessed it...heart health.

One study in particular found that people who consume nuts regularly had comparable health and longevity benefits to those who *did not smoke!* These people flat-out lived longer than those who did not consume nuts on a regular basis by about the same number of years as non-smokers when compared to smokers. Imagine that!

Still another study suggest that nuts, in particular walnuts, contain a potent amount of *ellagic acid*, a cancer-fighting antioxidant.

## Broccoli

We all know the story about the president who hated broccoli...or at least most of us who are over the age of 35 and live in the States, that is. Well, I (Jon) can relate. I *hated* broccoli until 1998, when I discovered a small but wonderful Chinese restaurant that had a magical way with the green demon. To this very day, the only broccoli I consume is from this restaurant, but I eat enough of it to make a difference.

Broccoli is very filling, and a food you can eat until your heart's content (which is more than just a saying...broccoli is great for heart health) without

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fear of gaining so much as an ounce of body fat. Think about it: how many people do you know who ended up with a Buddha belly from their broccoli addition?

Broccoli is a *cruciferous* vegetable, which is a fancy way of saying it comes from a nifty plant seemingly designed to help us all live longer. Broccoli is chalk-full of *carotenoids* for antioxidant health, and contains several types of micronutrients which help prevent cancer. Just some of these cancer fighters include indoles, sulfurophanes, carotenoids, and the natural form of vitamin C.

It should be noted that simply "eating less" tends to decrease cancer risk, and actually aids in cancer treatment in many cases. So, with that in mind, broccoli becomes an ace in the hole when it comes to the "C" word.

Unfortunately, some people are genetically wired with an "anti-taste" for broccoli. They sense it as really harsh or astringent, much more so than the rest of the populations does. I know I (Jon) did, but I overcame it. Here's how:

First, if you cook it by steaming it or boiling it briefly in water, broccoli tastes less harsh. And, if you cook it this way, you get over 80% of all of its SuperFood benefits. On the other hand, preparation by microwave, using frozen broccoli, or overcooking in any fashion removes many of the nutrients, and helps to ruin the taste. Up to 90% of the nutrients available naturally in broccoli are destroyed under prolonged heat.

Second, and my preferred (although not quite as nutritive-friendly) method of consuming broccoli is from a very brief encounter with semi-high eat, as in the stir-fry method. Using a bit of coconut oil, you can stir-fry broccoli for just a few seconds, literally, and preserve the crunch, lessen the astringent taste, and add a tremendous amount of flavor.

Finally, adding broccoli in with other foods you enjoy (Jon loves lean grass-fed beef, for example) will negate the taste factor.

## Blueberries

They taste good fresh. They taste good when bought frozen, and then thawed before eating. They add a lot of flavor when you mix them with common breakfast cereals. They make a protein shake taste like a malt.

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In short, blueberries ROCK.

Blueberries contain little if any seeds—very helpful when tossing them into a blender. They are the highest in antioxidant values of the berry family, and they are easy to come by in any grocery store. (We prefer organic berries, which are more rare.) And, like all berries, they are sky-high in vitamin C.

Like red wine and Concord grape juice, they are high in *resveratrol*, which is known to contribute to heart health. Unlike grape juice, they will not drive your blood sugar through the roof. And, unlike fine wine, they're cheap.

They are high in the flavonoids called *anthocyanidins*, which give blueberries and grapes their dark blue and purple color. Anthocyanidins apparently work directly with vitamin C and protein in your body to keep your arteries healthy by preventing tears in their surface. This keeps them flexible and responsive to pressure changes as you age.

How powerful is this?

One study found that people who eat blueberries regularly have "far fewer strokes" than people who do not consume blueberries "specifically".

It's likely that the improvement in artery integrity eating blueberries gives you helps prevent the kind of strokes that result from *leaky blood vessels in the brain*. The improved flexibility helps negate the effects of blood pressure spikes that cause strokes.

One of the most amazing findings is that eating blueberries regularly helps prevent **age-related memory loss** and improve cognitive function in the elderly. So, if you have diseases such as Alzheimer's or dementia in your family, by all means, consume this SuperFood regularly.

Oh...they taste fabulous!

## Green Tea

Green tea has some health benefits that are far greater and well-studied than black tea.

Green tea is high in a *flavonoid* that one large study showed reduced the incidence of breast cancer. Also, in one study we both want to see

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replicated, but contained incredible promise, green tea caused prostate cancer cells to *self-destruct* in a test tube environment. The implications of this are staggering, and I (Jon) for one have decided not to wait for the study to be replicated! Green tea is very safe for most people, and the other benefits are numerous. So, if "anti-cancer" just happens to be one of them, all the better.

Here's what we know for sure: green tea is high in antioxidant, contains only moderate levels of caffeine, and keeps you mentally sharp. Green tea does all of this without producing many of the problems *coffee* can often cause, which also fits this description.

One of the most important problems with coffee was reported by Dr. Dean Edell on his TV show. Since many people work by the theory if one is good, five or more is better, many people drink far more than the recommended one to three cups a day. This produces side effects like feeling jittery, or feeling anxious—often to the point of inducing anxiety attacks or even panic attacks in many people.

While green tea is safer, and you can consume more of it, consuming too much of anything with caffeine in it isn't super at all. Still, green tea's benefits far outweigh its caffeine content.

If you enjoy your coffee and have no problems with it, try having a cup in the morning and then drink green tea when you want a pick-up later in the day, using it in place of coffee or soft drinks.

Lastly, we should note that caffeine in any form has a *thermogenic effect*, meaning that it aids in the burning of calories, hence a degree of fat loss is achieved as a fringe benefit to green tea.

## Lentils

Lentils rank first among the different kinds of beans because they are high in so many nutrients, and their glycemic index is unusually low. The lower a food is on the glycemic index, the less likely it is to elevate blood sugar and insulin rapidly. Both blood sugar and insulin spikes cause fat accumulation and are the culprits behind numerous disease states.

It's no small wonder lentils been a staple food in India for thousands of years. After all, they are high in protein for plant foods. (If you eat them

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with a glass of nonfat or 1% low-fat milk or with brown rice or whole eggs, they can easily substitute for meat dishes protein-wise.)

They all are high in soluble fiber which helps keep your LDL low.

*Note from Jon: While I personally do not view cholesterol as dangerous, at least to the degree the media and medical community does, keeping LDL in a "normal" range is not harmful. However, lowering cholesterol "too low" can actually be dangerous. Be sure to read both sides of this argument and present your findings to your doctor. A great place to start is [www.ThinCs.org](http://www.ThinCs.org) if you want the alternative view on cholesterol.*

Lentils are surprisingly high in antioxidant. And, because their total fiber is high, they can keep you from being constipated. They also are a good source of many minerals, particularly magnesium. Along with the benefits already listed, magnesium is crucial for bone density. If you want to keep your bones strong, lentils can be your best friend.

Finally, lentils are incredibly cheap. If you make them a staple food and cook them at home, you can eat really well for very little money.

## Oatmeal (Rolled Oats, Not Instant Oatmeal)

If you cook rolled oats in boiling water, with a bit of raw butter perhaps, it's very good for you. Even those who have a low carb tolerance, like Jon, can consume oats when soaked overnight prior to boiling the next day. This deactivates the enzyme inhibitors that cause digestion problems.

Back to heart health for a moment: one study focused on *millers*, individuals who mill oats, and found that those who ate the most of their own product had the least amount of heart disease. Even for those who did not consume as much as the other millers, *all of them* had less heart disease than the general population.

This is a staggering find, and one you should consider when thinking to yourself, "What should I have for breakfast today?" Just think what adding blueberries and walnuts would do for you! And, for those of us into body-building and protein, including a scoop of high-quality whey (or soy if you're a vegan or vegetarian) protein creates the ideal "quick and healthy" meal.

Oatmeal is also reasonably high in protein and all the B vitamins. And, if you

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eat oatmeal with a bit of milk (or the protein mentioned earlier), you'll get enough protein to substitute for a meal consisting of ham and eggs.

## Garlic

Many of the world's most healthy individuals reside in China and Italy. One of the reasons this is the case is the use of simple, every-day *garlic*.

Garlic, particularly when served raw and minced, shows evidence of possessing antibiotic and antiviral effects. This is *literally* nature's medicine. This is significant since we do not, as of yet, have medicines to combat certain viruses and bacteria which are gradually evolving to adapt to our oral antibiotics.

Garlic may not be strong enough by itself to be considered a treatment, but if your immune system is under stress, eating garlic regularly might be just enough to prevent you from getting run down or sick. When combined with other natural sources like vitamin C and E that bolster the immune system, garlic becomes extremely potent in the prevention of illness.

Perhaps its greatest value is in the protection of blood vessels. This effect is well-documented — in fact, many studies conclude that garlic can aid in the "reversal" of symptoms related to heart disease.

Eating garlic regularly lowers high blood pressure in some people. And, as reported in one particular study, eating garlic regularly or taking it in supplemental form (see the sidebar to your left to purchase supplemental garlic) *helped remove calcium deposits in the arteries*. Calcium deposits are correlated in several studies with the onset of heart attacks and strokes.

Garlic contributes to healthy blood vessels, as do most of our SuperFoods. Garlic also slows the progression of heart disease by reducing plaque formation in your coronary arteries. As if that wasn't enough, garlic has been shown to lower the level of *homocysteine* in your blood, which is a nasty rouge protein that causes inflammation. Heart disease, and many diseases in general, are correlated with high body inflammation.

One study of people with existing heart disease and homocysteine levels over 13.0 (under 10 is considered good, but we prefer under 6) found that adding garlic to the proven formulation of B6, B12 and folic acid (all simple B vitamins) lowered homocysteine more efficiently and more rapidly.

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Some people are allergic to garlic, or merely dislike the odor. For those who simply do not like the taste or smell, Jon recommends supplemental garlic.

## Tomatoes

When eaten in quarters or slices in salads or on sandwiches, tomatoes add a nice taste, a cool texture, and a fair amount of crunch. These tactile sensations are vitally important to a long-term eating strategy.

When eaten raw, tomatoes deliver ample amounts of fiber and vitamin C and a fair amount of vitamin A. The yellow fluid that surrounds tomato seeds is also a "mystery protectant" for your heart. The only real "mystery" is that hardly anyone knows about it!

Surprisingly, the not-so-lowly tomato's strongest claim to SuperFood status is that they are even *more healthy when cooked*. Our preference is to cook them with garlic and extra virgin olive oil.

Cooking makes the *lycopene* in tomatoes more bioavailable. Lycopene is a carotenoid that helps protect against certain types of cancer and promotes heart health.

The cooking/lycopene connection has turned up in studies dealing with prostate cancer. Men who eat the most cooked tomato foods show a decrease in prostate cancer.

## Extra Virgin Olive Oil

Extra virgin olive oil is a health-enhancing way to increase fat in your diet, and one that can make foods taste better. Olive oil blunts the appetite, making you feel more full despite eating a decreased volume of food.

Olive oil is one of the most important ingredients in the famous *Mediterranean Diet*, generally described as the "healthiest" style of eating for the general population.

Also, several studies clearly reveal that you will shed fat faster and keep it off longer by including olive oil (and other forms of 'healthy' fats) in your diet. One of the reasons for this success is psychological. Since you do not feel deprived of fat, you tend to crave less fatty foods. Given that most foods high in fat are also high in sugar and processed nutrients, this creates

## SPECIAL REPORT: The Top 10 SuperFoods!

by Jon Benson

Author, *Fit Over 40 and Simply Eat!*  
and David Eller

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### IMPORTANT LINKS

Everything below is listed to help you save money and improve your health. With the exception of "Fit Over 40" and "M-Power", I do 'not' make nor own any of the products on the links listed.

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a long-term solution for weight loss and health eating that also tastes good and is easy to follow.

Extra virgin olive oil is mostly monounsaturated fat. Unlike polyunsaturated vegetable oils, which tend to produce inflammation and are downright dangerous to cook with, olive oil is more stable. Jon prefers to combine olive oil with coconut oil to cook with, giving it added flavor and greater protection at higher heat. Heating most oils will result in oxidation, which is the chief contributor to plaque formation.

So, if olive oil has all these health benefits, why pay more for extra virgin olive oil? The most important reason is that extra virgin olive oil produces these health benefits to a much greater degree. It is considerably higher in antioxidants, and is generally considered a safer product.

Also, if you only consume extra virgin olive oil, it's more likely you'll be ingesting 100% olive oil. There was a report recently showing that *more olive oil is sold than can be accounted for when looking at olives alone*. Some olive oils are 60% olive oil only, with cottonseed oil, corn oil, and other worthless fats making up the remainder. These are dangerous fats to consume, especially when heated.

## Conclusion

We trust our Top 10 SuperFoods Special Report will benefit your quest for a leaner and healthier body. Let us know how you are progressing by emailing Jon directly:

[jon@allyourstrength.com](mailto:jon@allyourstrength.com)

*Eat Simply, and enjoy life!*

*Jon Benson*

*David Eller*