

HEALTH
Matters
GET YOUR BODY
TO LOVE YOU BACK

Rosie Bank



The following foods are considered super-nutritious *super foods*. When eaten along with following a healthy diet and practicing a balanced lifestyle, they can add a real boost to helping you achieve your lasting goals for on-going radiant health. It makes the most sense to use these foods in conjunction with other pro-health strategies you practice on an on-going basis. Super foods are exactly the opposite of nutrient-void junk food, processed food, fake food, and fast food.

Consider experimenting with recipes and snacks. Most of these foods are incredibly versatile. The only limitation is your imagination and how willing you are to start to use them and enjoy the benefits. It is very easy to find a variety of recipes on the Internet.

When you eat foods like this, you can often expect to feel better, have more energy, get relief from cravings, and enjoy better overall health. Since some of these foods are actually ancient medicine, the results are potentially dramatic when used properly.

It is recommended that you begin to use these foods, and continue to learn about their benefit. Doing so falls under the heading of loving your body and getting your body to love you back. Consider that these foods help you achieve and maintain optimal, lasting, good health. Food is medicine, or poison. Super foods are definitely pro-health.

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Food	Benefit	Uses/Where Found
Blueberries, grape skin, red wine, dark chocolate, cranberries	Antioxidant that crosses blood-brain barrier to protect brain and nervous system. Cancer suppression, reduce inflammation, lower blood pressure, healthy heart, promotes healthy aging.	Resveratrol-rich foods. Fresh or frozen. Always organic with thin-skinned berries and grapes. Wine and chocolate in moderation. Dark chocolate only, 75% cacao
Olives and olive oil	Antioxidant/anti-inflammatory, bone health, prevent cancer, anti bacteria, antihistamine, lower LDL	Extra virgin, cold pressed, use in salad dressings and cooking. Avoid high temperatures and causing oil to smoke.
Turmeric (curcumin)	Treat inflammation, cancer, heart disease, arthritis, anti-tumor, lowers plaque build-up in Alzheimer's	Asian and Indian cooking. Aurveda medicine.
Green tea, matcha	Boost energy, help with endurance, no side-effects from caffeine, anti-oxidant	Hot or cold tea. Add matcha (green tea powder) to shakes, veggies, soups, pasta.
Ginger root	Anti-cancer, reduce inflammation, reduce cancer, good for intestines and relief from nausea. Fights infection, reduce muscle soreness, lowers blood sugar. Relieves headaches and migraines.	Tea, Chai tea, kombucha, cook with veggies, add to smoothies. Versatile flavor.
Acai	Weight-loss, anti-aging, high in antioxidants, help fight cancer and heart disease, contains oleic acid (healthy heart fat)	Snack, granola, add to salads, yogurt. Made into juice. Add to smoothies.
Goji berries	Treat visual ailments, improve circulation. Boost immune system. High in Vitamin C and antioxidants. Fights cancer, promote healthy skin. Stabilize blood sugar. Detoxify liver, improves energy, mood, boosts fertility.	Snack, granola, add to salads, yogurt. Made into juice. Add to smoothies.
Sulphoraphane	Anti-cancer, improved heart health, lower blood pressure.	Cruciferous veggies. Broccoli, cauliflower, cabbage. Broccoli sprouts 10 - 100x more sulphoraphane than broccoli. Do not cook sprouts. They are living food.
Raw cacao	High in essential minerals. Promote strong nails, skin and hair. Raise serotonin levels in brain, reduce symptoms PMS and depression. Improves mood. Reduce appetite, helps weight loss. Detoxify liver, promote anti-aging, improves heart health (lower blood pressure, and improve blood flow.	Add to yogurt, smoothies, granola. Very versatile for cooking and baking, especially desserts. Add to green drinks.
Chia seeds*	High in nutrients, low in calories. High in bone nutrients. High in Omega 3 fatty acids (as much as salmon, excellent source for vegetarians), excellent source protein. High in fiber, feeds gut bacteria. May help improve exercise endurance.	Very versatile. Sprinkle on all cooked foods. Add to yogurt, salads, smoothies. Add to granola and all baked goods. Add to nut butter.
Maca root	Helps undo damage from fatigue. Helps with regeneration and repair (adaptogens). High antioxidants, in cruciferous family. Balances hormones. Higher in calcium than milk. Improves immune function, memory and focus. Improves sexual function. Help with prostate health.	Baked or roasted, prepared as a soup, and used for making a fermented drink called maca chicha. Whole veggie form or use as a powder.
Hemp seeds *	Good source of vegan and vegetarian protein, adds nutty cheesy flavor to vegan dishes. B vitamins, especially B12 and folates. Improves immune function. Antiviral and antibacterial. Healthy hair, skin, nails.	Sprinkle on salads. Add to yogurt, smoothies, granola. Add to nut butter. Very versatile for cooking and baking, or eaten raw.. Add to green drinks.
Nutritional yeast	Good source of vegetarian protein, adds nutty cheesy flavor to vegan dishes. B vitamins, especially B12 and folates. Improves immune function.	Deactivated yeast, so not to be used for baking. Can be added to veggies. Dairy free so good for people who can't tolerate dairy. Use like grated cheese, sprinkling on salads, roasted veggies, and pastas. Delicious on popcorn.
Flax seeds*	Seeds and oil. Ground seeds are good for a couple of weeks, go rancid easily. Packed with fiber, omega-3 fatty acids, B vitamins, antioxidants, and cancer-fighting lignans. Excellent for constipation.	Everything is better with flax seeds! Use about one teaspoon per day. Add to nut butters, smoothies, salads, baking, casseroles. Mix with water to make an egg substitute.

*The asterisk refers to my favorite blend of hemp, ground flax, and chia seeds. I mix them up in equal parts and keep them in a sealed glass in the fridge. I add them to yogurt, nut butter, smoothies, and cooked veggies. I love the flavor, the texture, the boost of energy, and the digestion benefits.

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