

Live Well – by Debby Stroman, CLU

To Make 2006 A Super Year – You Need Super Foods (Part II)!

Most Americans really want to take charge of their health. Unfortunately, we participate in the latest fad diets, adhere to outdated nutritional programs and ignore recommendations to supplement our diet with quality vitamins and minerals. Your health should be your number one priority and that requires the eating Superfoods.

Superfoods are derived from plant sources. Plants contain all the nutrition that a body needs, but most people still like to eat meat. Just try to intake high quality organic meat and complete a thorough full body cleanse on a regular basis. The proper portion size for meat is a deck of cards or three ounces! Unfortunately, the propaganda ruined our perspective on food and we now believe that “bigger is better.”

Superfoods have high nutritional density, low caloric density and low fiber content so that the nutrients can move throughout the body with sufficient speed. They provide vitamins, minerals, trace minerals, antioxidants, digestible protein, digestive enzymes, essential fatty acids, isoflavones, natural fiber, complex carbohydrates for energy, heart-healthy fat and disease fighting phytochemicals that prevent major diseases. Try chlorella, spirulina, various sea vegetables, broccoli sprouts, onions, garlic, ginger, sprouts, avocados, berries, soy products, tofu, salmon oil, wheat grass, barley grass, fish oils, flax oils, raw tomatoes, raw carrots, wheat germ, molasses, beets, radishes, nuts, and aloe vera juice. It is important that one try to eat these fruits and vegetables in raw form. If food is cooked, it is dead and no longer a Superfood! Foods manufactured, processed

or sold in a pretty box or can are almost always a nutrient depleting food rather than a nutrient building food. Visit a local health food store where one can purchase these items in various forms such as powder, pill or as a food. Try blending a Superfood powder into a delicious shake!

We love to eat; it is our culture, comfort and history. In almost every way, food defines us. Let's be proactive and seek out the appropriate balance of foods to offset the toxins in our environment. We are being poisoned daily by the over 700,000 tons of pollutants into the air every day, ranging from everyday household cleaners to cosmetics and hair dyes. The toxins often cause our bodies to produce fat and now we have a nation of overweight people. The statistics are startling: 75% of Americans are overweight and two million more Americans become obese every year. Fifty percent of adult African American women are obese. Choose to modify your lifestyle gradually by incorporating an on-going and sensible cleansing, eating and exercise program. Add Superfoods to your meals and you will be on your way to a lifetime of improved health and wellness!

Debby Stroman is a passionate entrepreneur who focuses on the wellness of businesses and individuals. She is a Team Leader for Isagenix International, the co-founder of Soulful Golf, Inc., and a financial advisor. As a former intercollegiate athlete and coach, she enthusiastically shares her formula of "living well" through proper nutrition, exercise, sleep and spirituality. Debby can be contacted at 301.483.7991 or emailed at livewell10@aol.com. Visit her website at www.gocleanse.com/livewell10.