



FITTER FORT COLLINS SELF HEALTHCARE CLASS SUPERFOOD DEMO



You will learn how to implement *Superfoods* into your daily diet. You will learn about the tremendous benefits of these foods and provide you with recipes, tastings and demonstrations. The Superfoods you will learn about, and experience include Goji berries, Raw Cacao, Aloe Vera, Noni fruit, Bee Pollen, Hemp seeds, Acai, Maca, Spirulina, Blue Green Algae, Coconut, Camu Camu. Improve your health a bite at a time!

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ABOUT SUPERFOODS

Superfoods are vibrant, alkalizing, nutritionally dense foods that have recently become widely available and offer tremendous dietary and healing potential. As powerful sources of clean protein, vitamins, minerals, enzymes, antioxidants, essential fatty and amino acids, and other nutrients, they represent a uniquely promising piece of the nutritional puzzle. Each Superfood promotes nutritional excellence, health and well-being, beauty enhancement, and sustainable agriculture.

An important note about the pH balance of the body: High acidity can become a dangerous condition that weakens all major body systems. It makes your internal environment conducive to disease. A pH-balanced environment, on the other hand, allows proper metabolic function and gives your body resistance to disease. A healthy body maintains alkaline reserves that are used to meet emergency demands.

pH measures the balance between positively and negatively charged ions in the body fluids, i.e. blood, urine and saliva. A low pH number (below 7) indicates that your body fluids are on the acidic side. A high pH number (above 7) indicates you have alkalinity. A pH of 7.0 is considered neutral; this is the pH of distilled water. This delicate balance can be an important indicator of overall health.

Research finds that most people (particularly westernized cultures) are at least slightly "acidic"; their pH is low. If your pH is **too acidic, your body borrows minerals - such as calcium, magnesium, potassium and sodium - from vital organs and bones to neutralize and remove the acid.** Although high acidity may not be outwardly noticeable, it can severely affect overall health in a negative way.

The concept of acid/alkaline imbalance as the cause of disease is not a new idea. According to Dr. T. Colin Campbell, the concept of animal proteins increasing acid load was suggested in the 1880's and was documented in the 1920's (The China Study p. 205). We have simply chosen to ignore the evidence that foods high in acid strain the body's systems, while the dairy and meat industries continue to promote milk and animal

products as being beneficial to bone, and a superior source of protein to assist in good health. Printable pH balance food charts are available through www.fitterfortcollins.com and online.

Even mild acidosis can cause such problems as:

- Cardiovascular damage, including the constriction of blood vessels and the reduction of oxygen.
- Weight gain, obesity and diabetes.
- Bladder and kidney conditions, including kidney stones.
- Immune deficiency.
- Acceleration of free radical damage, possibly contributing to cancerous mutations.
- Premature aging.
- Weak, brittle bones, hip fractures and bone spurs.
- Joint pain, aching muscles and lactic acid buildup.
- Low energy and chronic fatigue.

For optimal health a 70% alkaline to 30% acid ratio is recommended.

How much super food should I add into my diet? This is really all about personal preference and individual need. If you are new to Superfoods it is recommended starting out with just a few. You don't need to dive in all at once. Allow your digestive system to transition to healthy nutrient dense Superfoods over the course of several weeks. A healthy detoxification naturally occurs in the body providing better energy, sleep, and improved digestion. As the body becomes more alkaline and digestion improves, your body is able to absorb more nutrients thus allowing the body to achieve optimal health.

Note: Adding a few super foods to the diet does not off-set the health risks of poor nutrition. To achieve optimal health and wellness a whole food plant based diet should be adopted.

When introducing new foods to your diet ones palate may need to be strengthened or developed. Keep in mind it can take up to 15 tries to make something palatable. The key is to keep it simple, keep trying and over time you will prefer the wonderful flavors of healthy life-giving foods rather than the typical American flavors of sugar, fat and salt.

TOP SUPER FOODS LIST



1. Goji Berries are a complete protein source, contain 19 different amino acids, 21 trace minerals, and are extremely high in Iron and one of the highest antioxidant foods in the world. Antioxidants protect us from free radicals and counter the creation of cancer cells. Goji berries also support the adrenal glands, boost immune function, increase alkalinity, improve eyesight and much more.



2. Cacao (Raw Chocolate). This is chocolate in it's purest form. The Mayans considering this nut to be the food of the Gods and traded it as money instead of gold. Raw cacao supports heart function and contains the *highest* concentration of antioxidants of any food in the world! It contains a great deal of trace minerals, including zinc, copper and Vitamin C. It is the number one source of Magnesium, incredibly high Iron content, helps balance blood sugar and oxygenates the blood. Cacao also produces Serotonin, which helps us feel good.



3. Maca. Maca is a member of the cruciferous family. This incredible veggie supports and balances your hormones, heals depression, increases libido, supports the Endocrine system, and provides thyroid support. In men, Maca has proven to heal many issues involving the prostate.



4. Bee Products (Raw Honey, Bee Pollen, Royal Jelly).

It's extremely important when researching bee products to support beekeepers that use cruelty free, organic practices. Not only is this more humane, but you will get a much better product. Also, if possible, purchase your Bee Pollen from a local source. Pollen has proven to greatly reduce allergies, and locally sourced pollen will better protect you from possible allergens in your area. Bee Pollen is also highly alkaline, neutralized free radicals, increases hormone levels, increases strength and muscle definition. Royal Jelly is fed exclusively to the Queen Bee. This product is extremely high in protein, regulates nerve fibers, B-Vitamins, and treats hormonal imbalances. Sold in stores.



5. Spirulina. This Superfood contains the highest concentration of any protein on the planet. It's also one of the best sources of Iron and great for anemics. Spirulina contains all eight essential amino acids, rich in vitamins and minerals, chlorophyll, an anti-inflammatory, balances brain chemistry, a blood builder, immune booster, high in antioxidants, and contains Gamma-Linolenic Acid, which gives us soft silky skin and healthy hair. Sold in health food stores in capsules and protein powders.



6. AFA Super Blue-Green Algae. Another great green, this algae improves digestion, is a great blood builder, has over 40 trace minerals, is an excellent source of B-Vitamins, a complete protein source, inhibits the growth of cancer cells, reduces inflammation, and protects against free radical damage. It also contains Phenylethylamine, dubbed the "love chemical" which increases our feelings of joy. Blue green algae can be purchased in capsules and protein powders.



7. Aloe Vera. This amazingly beautiful plant is a great healer and easy to grow at home. Topically Aloe heals many skin problems including burns and eczema. You can also drink it, Aloe is great for all types of digestive problems, including Crohn's Disease, it aids in relieving fungal infections, kills yeast, and is great for weight loss. Aloe Vera also reduces inflammation, reduces cancer tumors, normalizes blood sugar, produces white blood cells, promotes healthy kidneys and increases the elasticity of our skin. Sold in most stores in the digestive section close to the pharmacy.



8. Hemp Seed. This super seed is also one of nature's richest sources of complete protein, only exceeded by Spirulina and Blue-Green Algae. Hemp Seeds are extremely high in Omega 3 and 6 essential fatty acids, are a great source of fiber, an anti-inflammatory, high mineral content and contain 18 amino acids. There are a lot of great Hemp Protein Powders on the market, making this a very easily accessible Superfood.



9. Coconuts. Forget sports drinks, coconuts are one of the highest sources of electrolytes in nature. Coconuts improve digestion, aid in fighting off viruses, symptoms of hypoglycemia, regulate hormone production, support the thyroid, increase metabolism, support healthy cholesterol, alleviate kidney stones, aid in urinary tract infections. Fun fact: "Young coconut water is nearly identical to human blood plasma. During the Pacific battles of World War II, between 1941-1945, both sides in the conflict used coconut water--siphoned directly from the coconut--to give emergency plasma transfusions to wounded soldiers." Sold in all stores.

10. Sea Vegetables. There are many types of sea vegetables including kelp, kombu, nori, wakame, dulse, seaweed, and agar agar. This superfood has been used traditionally in Asian diets. Sea vegetables are low in calories, and high in micronutrient antioxidants, sea vegetables also supply phytochemicals with antioxidant properties. Different varieties of sea vegetables contain differing levels of carotenoids and flavonoids. Sea vegetables contain alkaloids, compounds with anti-inflammatory properties. Sea vegetables are best eaten whole instead of taken in supplement form. Sea vegetables are sold in all grocery stores in the Asian section, is used in sushi, used as a baked snack, as a seasoning, and as an added vegetable in soups and stir fries. Sold in the oriental section of any store.

11. Acai Berry. Açai is the product of an Amazon palm tree. While you may not have heard of it yet, you surely will. Acai is now marketed in juices, candy bars, cereals and lots of processed juices. (pronounced Ah Sah Hee)

In its raw form, it is a berry that tastes like a blend of chocolate and berries. Like the red grape, açai is a dark reddish-purple color and is about the same size. You can find it just about anywhere in Brazil, and for parts of Brazil, the açai palm is a majority of their dietary intake. Otherwise to get it state side, you'll likely need a health food store.



Acai pulp contains a remarkable concentration of antioxidants – more so than even its counter part, the red grape. It's also packed with healthy fats, fiber, plant sterols, minerals and amino acids. The fatty acid present is Oleic acid, known to work with Omega-3 to help nourish and regenerate cells.

Açai's health benefits are touted to be as an antibacterial, an anti-inflammatory, and an antioxidant.



12. Noni Berry. Is an Indian mulberry that is rich with antioxidants, a good source of carbohydrates, glucose, Vitamins C and B, beta-carotene and more. The noni berry attacks free radicals in your body. It also helps in the conversion of good cholesterol, builds the immune system, is anti-viral and has anti-inflammatory properties. Noni berry products are now prevalent on the market.

13. Camu-Camu is a tropical fruit native to the Amazon rainforests. And like many fruits coming out of the famed Brazilian/Peruvian rainforests, camu-camu has many health benefits. Counted among the emerging super fruits, camu-camu is a deep red or purple fruit that resembles the all-important and healthful berries of the Amazon.

Camu-Camu benefit's the health as it contains nutrients such as calcium, large doses of Vitamin C, niacin, phosphorous, leucine, serine, iron, flavanols, riboflavin, valene, thiamin and amino acids. It is an anti-depressant, an antiseptic, is a good source of beta-carotene, improves circulation, lowers blood pressure, a powerful antioxidant, effective at treating colds, promotes mood balance, strengthens the immune system, and supports healthy red and white blood cell formation. Camu-camu is sold as a powdered supplement in health food stores.



YOUR HEALTH MATTERS SUPER FOOD RECIPES

Super Breakfast Bites

Enjoy these power packed, healthy, quick grab and go bites for breakfast or a quick snack.

2 cups rolled oats
2 cup almond meal or flour (ground almonds to a flour consistency)
1 - 2 tbsp. superfood maca powder
2 tsp. baking powder
1/2 tsp. sea salt
1 1/2 tsp. cinnamon
1/2 tsp. ground nutmeg
1 cup pureed overripe bananas (2 medium bananas)
1 cup figs
2 tsp. vanilla extract
1/4 cup raisins or craisins or chopped dried apricots

Preheat oven to 350 degrees. In a mixing bowl, combine and mix first 7 ingredients. Puree bananas, figs and vanilla in a food processor or blender until it produces a very liquefied mixture, not like what you get from mashing. Add pureed mixture and dried fruit to dry mixture and stir until combined. Place mounds of the batter (about 2 tbsp.) on a baking sheet lined with parchment paper. Bake 14 or 15 minutes, until golden brown and set to the touch. Cool for 1 minute on pan, and then transfer to a cooling rack.

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### **Kale/Cherry Smoothie**

**1 green apple**  
**1 red apple**  
**1 tsp. ginger**  
**4 cups kale**  
**1 Cup frozen cherries**  
**Juice of 1 lime**  
**1 tsp. green powder (kelp, spirulina, or like).**  
**1+ cup water or, aloe vera juice, blend all ingredients to desired consistency.**  
**Ice if preferred**

## **Hawaiian Smoothie**

**2 cups frozen pineapple**  
**1 cup frozen mango**  
**1 banana**  
**2 cups spinach**  
**1/4 cup unsweetened coconut**  
**1 tbsp. Brewers Yeast**  
    **(by: Lewis Labs)**  
**1 tbsp. hemp seed**  
**1 tsp. cinnamon**  
**2+ cups almond milk**  
**Blend until smooth or to desired consistency.**

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Quinoa Hawaiian Salad

2 cups cooked red quinoa
1 cup diced fresh or frozen mango
1 medium red bell pepper chopped
3/4 cup thawed shelled edamame
1/2 cup chopped cilantro
1/2 cup chopped onion
1/2 cup large flake unsweetened coconut
1/2 cup sliced almonds
1/2 cup raisins
Dressing:
1 Juice of lime
4 tbsp. balsamic vinegar
2 tsp. olive oil
Prepare vegetables and place in a large mixing bowl. Whisk together dressing and toss into vegetables.

Super Food Salad

4 cups chopped kale
2 cups chopped cabbage
1 cup shelled, thawed edamame
1 grated carrot
1 chopped medium onion
1 pint grape tomatoes
1/3 cup fresh blueberries
1/4 cup raw cashews
1/4 cup goji berries
1/4 cup kalamata olives chopped
1 roasted garlic chopped

Dressing:

1/4 cup acai juice
2 tbsp. canola oil
2 tbsp. apple cider vinegar

Sea salt and cayenne to taste.

Prepare vegetables and place in a large mixing bowl. Whisk together dressing and toss into vegetables

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## **Super Truffles**

1 1/2 cup pitted dates  
1 cup almond flour or meal  
1/3 cup raw cacao powder  
1/3 cup chia seeds  
1-2 tbsp. Maca powder  
1/2 tsp. vanilla extract  
3 tbsp. maple syrup (might need slightly more)  
Finely chopped unsweetened coconut

Slightly chop dates in a food processor. Add remaining ingredients into the processor and process well. Scoop by tablespoons into your hands and form a ball. Roll into coconut. Refrigerate until ready to eat.