Top Age-Erasing Superfoods for a Long and Healthy Life
Long before modern medical science, humans relied on nature’s own remedies to treat diseases. Cancer, failing eyesight, heart disease, even regular old aging—no matter the problem, there was a food to treat it. However, as medicine progressed, many doctors began to hold these traditional cures in contempt.

But no more!

Science is finally reexamining the natural remedies that our ancestors used for thousands of years. And guess what they’re discovering?

These foods, grown in a field or dropped from the branches of a tree, work. And in some cases, they work even better than conventional medical treatments. Best of all, there’s virtually no side effects (say that about the medication we are so commonly prescribed).

In fact, these foods are so potent at thwarting the effects of aging that they’ve been given their very own name:

**Superfoods!**

Each superfood contains an astonishing amount of nutrients, vitamins, and minerals. So no matter what, your body is getting a great majority of the health-boosting compounds it craves. But that’s not all. In addition to being a nutritional blockbuster, each superfood has a unique phytochemical (naturally-occurring chemicals produced by plants) profile that attacks a particular component of aging.

Whether your body is under attack from oxidative stress, pollution, or disease, eating the right combination of superfoods will give your body all the tools it needs to renew and replenish itself.

In the following report, you’ll be introduced to 8 of the most spectacular, age-reversing, oxidation-fighting, youth-inducing, libido-increasing, depression-curing, and brain-protecting superfoods in the world.

Use any one of these and your body will thank you. Use all 8 of them, and your body will be raring to give you the full, active, healthy, and happy life you’ve been waiting for.

**Chlorella—Nature’s Most Potent Elixir of Youth**

For centuries, explorers crisscrossed the world searching for the fountain of youth. But chlorella, with its incredible antioxidant and youth-enhancing properties, may be just what those explorers were looking for.

Chlorella is a small, single-celled green algae that grows in freshwater. It has the *single highest chlorophyll* content of any known plant and packs an enormous number of vitamins, minerals, amino acids, essential fatty acids, and many other nutrients into its tiny cells.
Additionally, chlorella is teeming with nucleic acids—the “lifeblood” of every single organism on Earth. Nucleic acids come in two forms: DNA (deoxyribonucleic acid) and RNA (ribonucleic acid). Without DNA and RNA, life couldn’t exist. And it’s the deterioration of these two important organic compounds that leads to aging, disease, and ultimately, death.

But chlorella replenishes your body with fresh, vibrant nucleic acids. They help your body repair damage and “fix” aging cells. Consuming chlorella feels like you’ve been injected with a youth serum that virtually erases the signs of aging. At least, that’s what the science says.

When Dr. Benjamin Frank, author of The No-Aging Diet and Nucleic Acid Therapy in Aging and Degenerative Disease, began treating his patients with foods that were rich in nucleic acids like DNA and RNA, the results were astonishing. His patients saw a substantial fading of lines and wrinkles…and developed healthier, younger-looking skin after only two months! Not only that, but sardines seemed to alleviate health problems such as heart disease, emphysema, arthritis, memory loss, dimming vision, and depression.

Of all the nucleic acid-rich foods Dr. Frank tested, he found that sardines topped the list. But, according to cutting-edge research led by Dr. Minchinori in Japan, chlorella has 17 times more RNA than sardines! That’s 17 times more youth-restoring power!

Other doctors are discovering the powerful benefits of chlorella as well. In his book, Chlorella: Jewel of the Far East, Dr. Bernard Jensen, Ph.D, D.O. reports that, when used regularly, chlorella assists in the repair of damaged genetic material in human cells, protecting your health and slowing the aging process.

**Heavy Metals No More!**

Heavy metal contamination is one of the most pressing health risks we face today. Your body is assailed by these toxic chemicals at nearly every turn—children’s toys, bathroom slippers, cookware, and more—have all been shown to carry toxic metals. Left untreated, the buildup of metal in your body can have far-reaching and extremely negative consequences to your health.

But chlorella has an answer. The tiny cells of the algae are relatively vacant, except for a nucleus. This allows chlorella to soak up heavy metal particles like a sponge, pulling them out of your blood and into its cells. Also, regular consumption of chlorella creates a barrier of phytochemicals around your cells, which prevents heavy metals from being absorbed in the first place.

**Protects You From a Range of Diseases**

Chlorella is a powerful disease fighter that can combat the world’s most devastating diseases including cancer, Alzheimer’s disease, and even AIDS. This all-natural healing food is believed to effectively help reduce the symptoms of these and other chronic diseases:

- **Cancer:** Chlorella helps to accelerate the growth of immune cells and enables white blood cells to duplicate at a faster rate, which may allow patients to better handle chemotherapy and radiation treatments. Chlorella has also been shown to have anti-tumor effects in some patients

- **AIDS:** Because chlorella helps to activate T-cells and increase their reproduction levels, it has been successfully used to help thwart the onset of AIDS in some patients.

- **Alzheimer’s/Parkinson’s Disease:** Because it helps the body rebuild nerve tissue, chlorella has become an excellent treatment option for those suffering from degenerative brain and nerve disorders.

- **Viral Infections:** Chlorella helps give the body’s white blood cells the super-oxide they need to kill dangerous bacteria and viruses that make us sick. It also contains
phycocyanin—a great immune booster and stem cell producer.

**“Miracle Tree” Moringa Rejuvenates Your Cells and Attacks Cancer!**

The leaves of the moringa plant contain several thousand times more zeatin—a powerful anti-aging compound—than any other known plant. What’s more, the moringa plant produces two different compounds that have been shown to fight cancer and reverse tumor growth.

Moringa is a genus of trees indigenous to Southern India and Northern Africa. The leaves, flower, bark, wood, and roots of the moringa tree are used all over the world for a wide variety of medicinal, pharmacological, and nutritional purposes.

But it’s the leaves of the species called moringa oleifera, in particular, which have become recognized in recent years as being highly beneficial to human health. Moringa contains more than 90 essential nutrients in much higher concentrations than other foods.

For example, moringa has:

- **two** times the amount of protein of yogurt
- **four** times the amount of vitamin A as carrots
- **three** times the amount of potassium as bananas
- **four** times the amount of calcium as cows’ milk
- **seven** times the amount of vitamin C as oranges

Moringa is so nutrient-dense, that the World Health Organization (WHO) is currently using the plant as a low-cost food supplement in malnourished countries.

But that’s not all. The miracle tree is rich in phytochemical compounds like isothiocyanates, flavonoids, and phenolic acids. Taken together, these compounds can be used to treat an enormous variety of illnesses. Isothiocyanates and eugenol, in particular, have shown great promise as cancer treatments. These two compounds target cancer cells and disrupt their DNA, preventing the cells from reproducing. Cancer is literally stopped in its tracks.

**The Key to Beautiful Skin?**

The list of moringa’s antioxidants, vitamins, minerals, and anti-inflammatory and antibiotic compounds could fill an entire book. India’s natural Ayurvedic practitioners use moringa leaves to prevent and treat over 300 diseases. The leaves contain complete proteins, which is rare to find in the plant kingdom. This should come as good news for vegetarians, as well as those who are trying to limit their meat and dairy consumption without compromising their protein intake. But one of the most fascinating discoveries about moringa leaves is that they are rich in zeatin.

Zeatin is a member of the plant hormone family known as cytokinins. Cytokinins induce cell division and growth, and delay cell aging. This is especially important for our skin—skin cells die at an average rate of 30,000 to 40,000 every minute.
When supplemented with zeatin, your body produces more skin cells than die, which leads to reduced wrinkles on your face and other parts of your body.

And believe it or not, moringa is the last remaining natural source of zeatin.

**Goji Berries—The “Red Diamonds” of the Far East**

It’s the size of a raisin, has a chewy texture, tastes like a cross between a cranberry and a raisin…and it’s considered by many to be the world’s most nutrient-dense food.

Behold, the goji berry.

The goji berry is a red-orange colored fruit that comes from an evergreen shrub found in temperate and subtropical regions of China, Mongolia, and in the Himalayas of Tibet. The goji berry is also known by the name *lycium barbarum*, *guo qi zi*, or *fructus lycii*. Regardless of the name, this powerhouse anti-aging fruit is quickly becoming one of the most sought after jewels of nutrition.

The recent hype is well-placed, as goji berries’ ability to promote longevity is not over-exaggerated. The unique life-extending powers of the red diamonds have already been validated, and the scientific proof is rapidly expanding.

Goji berries rapid rise in popularity can be traced back to 2003. In that year, Dr. Earl Mindell, R. Ph., Ph.D., MH, leading nutritionist and bestselling author published of the Vitamin Bible and dozens of other books, wrote a pamphlet in which he recounted the story of Li Qing Yuen, who lived to be 256 years old. Dr. Mindell believed that Yuen’s secret to such a long life was goji berries, which were a staple in his daily diet.

Surprisingly, in the Ningxia Hui region of northern China—where goji berries are most commonly grown—there are 16 times as many centenarians (people 100 years or older) as the rest of the country.

Goji berries have been shown to stimulate stem cells, strengthen the immune system, and defend the body against disease. They’ve also been shown to:

- Boost brain health
- Offer protection against brain-related diseases such as Alzheimer’s Disease
- Prevent the growth of cancer cells
- Normalize blood glucose
- Normalize cholesterol levels

**What Makes Goji Berries So Potent?**

To start, goji berries contain an extreme amount of antioxidants. In an analysis conducted by Tufts University, goji berries were found to have on of the highest ORAC ratings (a measure of antioxidant capacity) of any fruit ever tested.

Additionally, goji berries contain 18 different amino acids, 11 of which your body can’t produce, yet are considered essential. It has over 500 times more immune-boosting Vitamin C than oranges. Vitamin C is crucial for healthy, everyday immune function, but it also protects your brain from neurodegenerative diseases.

The compounds in goji berries have also been shown to increase insulin sensitivity, which makes them an excellent choice for diabetics or pre-diabetics looking to better manage their blood sugar levels.

**The Little Helper Called Zeaxanthin**

Perhaps the most significant benefit of goji berries is their high concentration of the antioxidant zeaxanthin. Zeaxanthin is a chemical precursor to Vitamin C and is in the carotenoid (think carrots) family of antioxidants. There’s no doubt about it, zeaxanthin is a nutritional rockstar.

Zeaxanthin shields the eye from macular
degeneration—the leading cause of blindness in the elderly. It also helps to halt damage to the eye caused by UV light exposure, as well as free radicals and other types of stressors.

The American Academy of Optomology published a report in which they found a 90-day supplementation with Goji berry juice significantly protected eyes from hypopigmentation and other forms of oxidative stress. Others studies have demonstrated that zeaxanthin in goji berries protects the retina from ganglion cells, which are the main cause of glaucoma.

**Zeaxanthin and Cancer**

But zeaxanthin is useful for more than just your eyes. Researchers have discovered that zeaxanthin can reverse or inhibit multiple forms of cancer. In one study, supplementation with goji berry juice was found to blunt or even reverse the effects of sun damage on skin. In another study, scientists observed goji berry supplementation to increase the effectiveness of cancer therapies. And in yet another study, the compounds contained in the goji berry were observed to reverse the growth of leukemia cells in the body!

**Goji Berries and Weight Loss**

Goji berries can also be an effective aid to weight loss. In a study where obese patients were given goji berry juice twice a day, most patients lost a significant amount of weight. The polysaccharides in goji berry appear to reduce body weight by converting food into energy instead of fat.

Read on to learn why.

Chocolate is formed out of raw cacao seeds, the product of a fruit grown on the cacao tree *(theobroma cacao)*. Cacao trees are exotic—growing naturally in the shade of tropical rainforests in South America and the West Indies. According to researchers, “The raw cacao bean is one of nature’s most fantastic superfoods due to its mineral content and wide array of unique properties.”

**Cocoa’s Flavanols Boost Your Brain**

Scientists in Italy have discovered that cocoa may hold the keys to thwarting Alzheimer’s and other types of dementia. In 2012, the researchers administered a cocoa beverage to patients suffering from pre-Alzheimer’s Disease. Before the experiment began, patients were asked to take a test which measured their cognitive function in terms of verbal fluency, visual searching, and attention.

Then, the patients drank the beverage every day for eight weeks. And the results were better than anyone could have hoped for. For patients who received the cocoa beverage, test scores improved dramatically across all three areas.

Researchers are still uncertain why chocolate has this amazing effect. However, they believe it may have something do with (-) epicatechin—pronounced “minus epicatechin”—a unique type of flavanol only present in chocolate, which may support the increased circulation and growth of new blood cells in the brain. The new, faster-circulating vessels would deliver more oxygen to the brain, and thus is a possible mechanism for the amazing cognitive effects.

But that’s far from the only benefit of chocolate:

- Chocolate is good for sufferers of asthma because it contains the anti-asthmatic compounds theobromine and theophylline.
- Cacao contains high levels of magnesium and sulfur, which are both vital to focus and alertness.
Chocolate banishes that “blue” feeling. Cacao preserves the anandamide—the “bliss molecule” from breaking down. The longer this important neural messenger remains in your brain, the longer you feel happy.

Do you suffer from anxiety? Incredibly, a clinical trial demonstrated that dark chocolate reduced the production of stress hormones in as little as two weeks!

The dentist will say “Thank you.” The theobromine compound contained in chocolate kills the bacteria that cause cavities.

Chocolate contains zinc, a key mineral that contributes to the health of your heart, immune system, liver, pancreas, and skin.

Chocolate contains copper, which is critical to ensuring your blood stays healthy.

Chocolate is considered by many medical experts to be the best food for your heart. A study conducted by the British Journal of Nutrition found that the flavanols in chocolate reduced cardiovascular risk, even in otherwise healthy subjects. So chocolate should be a part of everyone’s diet!

Not all Chocolate Is Created Equal!

Chocolate comes in a variety of forms, with varying levels of cacao, sugar, and fats. It’s important that you buy only organic dark chocolate, with at least 85% cacao. Optimally, the chocolate should also be stone ground/cold-processed and raw. This ensures you are getting the optimum level of healthy flavanols and other compounds.

Stay away from the more commercial types of chocolate that you often find in candy bars. These chocolates are low in flavanols and often mixed with unhealthy ingredients like refined sugar, sweeteners, or artificial flavors.

Spirulina—Unlock the Ancient Treasure Chest of Nutrition

Spirulina is the single oldest superfood on the planet! It has grown in Earth’s oceans, lakes, and rivers for billions of years and has been used a food source since the dawn of human history. This ancient, blue-green algae resembles other sea vegetables like chlorella, kelp, nori, kuma, arame, and wakame. However, what sets spirulina apart is its extreme bioavailability, meaning it is able to be easily and rapidly absorbed by your body.

Spirulina is considered to be one of the most nutrient dense foods on the planet—and has been shown to be effective in the treatment of cancer, high cholesterol, allergies, anemia, elevated blood sugar, and many other diseases.

The Benefits Are Virtually Limitless

If there ever was one “dynamite” superfood, spirulina is the one. It has been used to:

- Strengthen the immune system
- Increase antioxidant protection
- Fight premature aging
- Promote healthy digestion
- Inhibit the growth of pathogenic bacteria and yeast
- Stabilize and maintain healthy blood sugar levels
- Beautify your skin and hair
Detoxify your body
Improve cardiovascular health
Reduce hunger and aid weight loss
And increase energy!

In a clinical study, spirulina was found to completely eliminate pre-cancerous mouth lesions in patients. In a following study, spirulina was deemed more effective at treating mouth cancer than a popular anti-cancer drug!

Spirulina’s extremely high concentration of phycocyanin, a powerful anti-inflammatory and antioxidant, has been used to successfully alleviate the symptoms of arthritis and renew damaged cells.

Spirulina has also been successful in treating:

- Osteoporosis
- Allergies
- Anemia
- High cholesterol
- HIV/AIDS
- High blood pressure
- And many more!

Omega’s Origins

Your doctor may have told you to eat more fish in order to get the healthy omega-3s found in seafood. Or he may have recommended a fish oil supplement.

By all means, eat fish, but if you are looking for the absolute highest concentration of the heart-preserving Omega 3 fatty acids, then look no further than spirulina! You see, fish get their Omega acids straight from deep sea spirulina. So when you consume spirulina, your getting the absolute purest, most beneficial versions of omega fatty acids. Most notably, you’re ingesting the extremely difficult-to-find gamma-linoleic acid (GLA), which protects DNA, renews your hair and skin, and reduces inflammation.

A Complete Protein that Doesn’t Compromise Your Diet or Your Heart Health

Spirulina is hands down the best vegetable protein source, in part because it’s a complete protein, meaning it contains all the essential nutrients your body needs. Let’s compare the numbers:

Spirulina is made up of 60-70% protein, a higher amount than that of any other natural food. Animal flesh is made up of only 20% protein, eggs 12%, whole milk 3%, soybeans 35%, peanuts 25%, and grains 8-14%.

Beyond protein, spirulina contains a verifiable treasure chest of nutrition. This tiny algae contains enormous concentrations of energizing chlorophyll, restorative carotenoids, eye-healthy zeaxanthin, a complete amino acid profile, brain-boosting B12, potassium, and managanese, among many more.

Spirulina is such an impressive and complete source of nutrition, that it’s NASA’s #1 option to use as a food-source for future astronauts.

Açai—The Amazonian Reservoir of Life, Youth, and Longevity

Deep within the Amazonian jungle, buried within the deep canopy of vines, humidity, and trees, grows a very special berry. This berry has been used for millennia by the indigenous people of the area as a divine medicine. The Yanomani people call the palm tree this berry grows on the “Tree of Life” and Brazilians have dubbed it “The Beauty Berry.”

You might know it as the açai berry, and it’s one of the most powerful superfoods on the planet.

A Stunning Nutrient Profile

The magic of açai berry begins with its stunning nutrient profile. Açai berries contain:

- **10 times** more antioxidants than red grapes and **30 times** the anthocyanins of red wine.
The perfect trifecta of monounsaturated (healthy) fats, phytosterols, and dietary fiber that contribute to a healthy heart and digestive system.

A near perfect amino acid complex that works in conjunction with trace minerals to facilitate proper muscle function and rejuvenation.

In particular, açai berries contain oleic acid. Oleic acid is an extremely important fatty acid because it helps Omega-3s (the healthy oils you get from fish) penetrate your cell membranes. Once inside the cell, the two compounds make the cell membrane more supple. This allows your hormones, neurotransmitters, and insulin receptors to flow in and out of your cell more easily and efficiently. Just like in a car, oleic acid is the “engine oil” that helps your body run smoothly.

The açai (pronounced ah-sigh-EE) berry has an ORAC score (Oxygen Radical Absorbance Capacity)—the scientific measurement of a nutrient’s antioxidant magnitude—of over 3500. This makes açai one of the most antioxidant-rich foods on the planet!

A Cutting-Edge Cancer Treatment?

Researchers at the University of Florida may have found one of the most promising new cancer treatments in açai berries. When applied directly to leukemia cells, the juice of the açai berry triggered a “self-destruct” response in 86% percent of the leukemia cells! Researchers believe this amazing effect can be attributed to the high concentration of anthocyanins, unique antioxidant compounds which give the berries their distinct black-purple color.

Açai Has Other Effects on Your Immune System

Mast cells. If you’ve never heard of them, they’re the troublesome little cells in our body which release histamines and other inflammatory compounds during allergic and inflammatory reactions.

Now, these cells serve a purpose in protecting your body. Our modern lifestyles, however, lead to these cells being overactive. The mast cells release these compounds on overdrive and flood our body with inflammation-inducing chemicals.

But Japanese researchers have discovered that supplementation with açai berry pulp inhibits the activity of mast cells. Like turning a faucet off, açai berry stops mast cells from pouring damaging compounds into our blood and joints.

Camu Camu—The Superfruit with 60 Times More Vitamin C Than Oranges!

The camu camu fruit has more vitamin C than any other known fruit in the world—and delivers miraculous therapeutic benefits!

Deep within the Peruvian Rainforest hides a berry so potent it is reported to heal chronic diseases, restore clarity, memory, focus to your thinking, and soothe frayed nerves. How can one tiny fruit possess such far-reaching therapeutic powers? The answer lies in the unique combination and density of its nutrients.

Camu camu is rich in crucial amino acids, like serine, valine, and leucine. Collectively, these amino acids are responsible for maintaining cognitive function, regulating hormone production, and increasing the efficiency with which brain-and-body-building proteins can be used by our body.
The healthy goodness doesn’t stop there: this nutrient-packed superfood is also fortified by essential minerals like calcium, niacin, beta-carotene, iron, riboflavin, and phosphorous. Camu camu is yet another Amazonian treasure that promises to improve your overall health and well-being safely and naturally.

Camu camu is so impressive, that former USDA chief botanist James Duke even considers it the #1 superfruit and has published multiple books investigating this berry’s unique healing properties.

**But What’s So Important About Vitamin C?**

Many of camu camu’s benefits stem from its high concentration of Vitamin C. But what exactly is Vitamin C good for? Well, Vitamin C is a super antioxidant that protects your cells and DNA from free-radical damage by neutralizing free radicals within your body. Free radicals viciously invade your body and are a primary cause of premature aging and disease.

Vitamin C is also a natural tonic for your body’s nervous system. When your nervous system malfunctions, your brain slows down, memory falters, and depression and anxiety kick into overdrive.

Some of the illnesses Vitamin C has been shown to improve:

- Asthma
- Clogged arteries
- Cold and flu viruses
- Osteoarthritis
- Glaucoma
- Hepatitis
- Infertility
- Migraines
- Gingivitis
- Cataracts
- Pain and discomfort
- Alzheimer’s and Parkinson’s disease

**Why Camu Camu Beats Regular Vitamin C Any Day**

Some might believe they can get all of these benefits and more, simply by purchasing a Vitamin C supplement at the drug store. But hear this: Not all Vitamin C is considered equal. You see, most drug store brand Vitamin C pills or powders is simply ascorbic acid, derived from corn grown in China.

While it is technically Vitamin C, it’s stripped of many of the essential auxiliary compounds which our body needs to put Vitamin C to good use. For example, camu camu’s Vitamin C is derived from multiple compounds within the berry, including ascorbic acid as well as several bioflavonoids. Not to mention the numerous vitamins and minerals that you get from eating the berry or drinking camu camu juice.

So, not only are you getting a richer source of Vitamin C from camu camu, you are also giving your body the nutrients it needs to better digest Vitamin C and make it more bio-available.

**Joint Pain No More**

One of the most understated benefits of Vitamin C is its ability to restore your joints,
ligaments, and tendons. The connective tissue of your body is made up of collagen (it’s also what makes your skin look supple and youthful). And Vitamin C is the main ingredient your body relies on to produce collagen.

So, when you gift your body with the high amounts of Vitamin C found in camu camu, you’ll notice better skin, better hair, a more youthful appearance, improved movement, and reduced pain. You really can’t go wrong.

No More Dangerous Vaccines: Vitamin C is the Ultimate Flu Shot

The amount of Vitamin C found in camu camu is enough to ward off viruses such as the common cold and flu. It also helps to reduce flare-ups of viruses such as Herpes Simplex and Epstein-Barr, and it can even help allay the severity of shingles.

Wheatgrass—The Superfood that Supercharges Your Entire Body

Our bodies are biological systems and like any system, we get rundown after years of constant use. Aches, pains, internal inflammation...all are unavoidable side effects of life.

But, wheatgrass is the ultimate cleanser and cell rejuvenator—just a small amount of this chlorophyll-packed superfood can clean the toxins out of your body, eliminate inflammation, stimulate your circulation and immune system, cleanse your liver, restore your energy levels, tighten loose and sagging skin, and much more.

Wheatgrass Packs a Punch

You should always try to eat vegetables, but wheatgrass is the perfect shortcut. A two-ounce serving of wheatgrass juice is the nutritional equivalent of **five pounds of organic vegetables**!

It has:

- **Twice** the amount of Vitamin A as carrots.
- **The full spectrum of B Vitamins** that you need for optimal brain function.
- **1600% daily value (DV) of Vitamin E.** Vitamin E protects your cells from free-radical damage, shields your eyes from cataracts, and helps your body fight cancer.
- **413% DV** of immune boosting and wound healing Zinc.
- **7000% DV** manganese, which helps your body form connective tissue, bones, sex hormones. Manganese also helps regulate your blood sugar.

One of the Most Powerful Antioxidants

Scientists have long been searching for the most powerful antioxidant. Luckily, recent advances may have finally uncovered it. Its name is superoxide dismutase (SOD) and wheatgrass is one of the most potent natural sources for it.

SOD is like a vacuum—it bonds to damaging oxidative compounds within our cells and then sucks them out, leaving our cells fresh and rejuvenated. SOD also acts as a heavy metal cleanser, cleansing our body of dangerous heavy metals from head to toe.

Daily supplementation with this amazing superfood is reported to renew your damaged cells, reverse graying hair, and leave your skin with a warm, healthy, and radiant glow.

Wheatgrass, Chlorophyll, and Cancer

Chlorophyll is turning out to be one of the most medicinally-useful compounds on this planet. Known for giving plants their green color, chlorophyll (which wheatgrass contains in extremely large amounts) works wonders for our health.

Chlorophyll oxygenates our blood, and actually stimulates hemoglobin production. You see, chlorophyll is extremely similar to
hemoglobin. The only difference is chlorophyll’s central atom is magnesium, while hemoglobin’s is iron. When you ingest chlorophyll it releases its magnesium and absorbs iron, thus converting into hemoglobin.

This neat little ability is crucial for cancer therapy. Cancer is unable to exist in high-oxygen environments, so when you use wheatgrass to create more oxygen-rich red blood cells, you create an unsuitable environment for cancer. In a recent study published in the journal *Mutation Research*, chlorophyll was found to have greater anti-cancer properties than beta-carotene and Vitamins A, C, and E.

**How To Use Superfoods**

Adding any superfood to your daily diet will be an important first step on the road to happiness, health, and vitality. However, each superfood has strengths and weaknesses, so it’s important to use a variety of these amazing nutritional powerhouses in order to give your body everything it needs.

But beware! Superfoods must never be processed, and must be expertly packaged, stored, and shipped in order to maintain their peak nutritional content. All too often, the superfoods you find will contain much less of the vital nutrients than they should, simply because they are not taken care of from farm to table.

But with **Mega Nutrition Organic Superfood**, each of the 8 miraculous foods is 100% raw and GMO-free. You get each of the transformative nutrients and phytochemicals at peak bioavailability, and packaged in a perfectly measured, proprietary, great-tasting blend. It’s the only superfood blend that contains all 8 of the of the world’s greatest superfoods, so you don’t have to look anywhere else for age-defying nutrition.

For more tips on incorporating healthy living and nutrition into your everyday routine and to sign up for our free e-newsletter, go to http://www.journalofnaturallongevity.com/.

*Enjoy!*