

Natural Healing Express Weekly

Column Volume 11

Super Foods: Blueberries, Broccoli and Chocolate

Happy Thanksgiving week! Today, we are continuing our segment on the Super Foods by going into further detail about the health benefits of Blueberries, Broccoli and yes, Chocolate. Since we are in a holiday week and everyone probably has enough stress going on, we'll keep our recipes simple and easy. We will not require the use of sharp knives.

BLUEBERRIES: Blueberries contain the most health protecting antioxidants of all fresh fruits and vegetables. Even if not grown organically, blueberries have the added benefit of being cultivated using significantly less pesticide than other berries. They are also the least perishable and most versatile of all berries.

Blueberries contain Vitamins A, C, E and beta-carotene and the minerals Potassium, manganese and magnesium. Blueberries are not only a good source of fiber, but also contain chlorogenic acid which is a known cancer fighter.

The less blueberries are cooked, the more nutrients they contain (as with most foods) so the best way to enjoy consuming them is raw and whole. One quick pie recipe is to buy a premade shell (we'll never tell) fill it with fresh blueberries mixed melted blueberry jam. Presto! Almost Homemade Blueberry pie.

BROCCOLI: Broccoli is loaded with Vitamins A, C, K and folate. Believe it or not, one serving of broccoli provides 125% more vitamin C than a cup of orange juice. Broccoli has antibacterial properties that kill *Helicobacter pylori*, which is a bacteria that causes ulcers and plays a role in stomach cancer.

Broccoli contains eye health beta carotene which can help with cataracts. It also contains lutein and zeaxanthin which can be of assistance in fighting off age related macular degeneration.

Like Blueberries, broccoli contains the most nutrients when eaten in raw form or lightly blanched. Give it a shot with some dip, or on a salad. If you want to get crazy, grab some olive oil and stir fry.

CHOCOLATE: Dark chocolate has the highest antioxidant content of any food. Remember, dark chocolate, not milk chocolate. Normally, the darker the chocolate, the higher the level of antioxidant content, but remember this depends on the manufacturing process of the cocoa bean. Dove is a great brand of chocolate bar which contains optimal antioxidants.

Dark chocolate contains catechins and theaflavins. It is the rich flavonoids that help to boost HDL otherwise known as the "good" cholesterol.

Dark chocolate also contains fiber. Recommended serving size is approximately 1 ounce and the great news is that you can have it daily. So this is the simplest recipe ever. Buy Dove chocolate bar, unwrap, consume.

In closing, just a quick note about stress this week. Try not to put too much pressure on yourself. Things get burned and spilled, people say stupid things they don't mean and there will be at least one person who will have issues thawing the bird.

Try to remember this is a time of Thanksgiving, a time to be grateful for what you have. We live in the most blessed country on Planet earth, one folks fight for every day. There are thousands out there who don't have it as good as you.

If you feel the need to pick up the rolling pin for reasons other than rolling dough, please stop by and see us, we have a great product called Nutri Calm.

Enjoy your holiday!

As always, we welcome your questions and comments.

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