



The Nutrition : 10 Super Foods

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Dr. Perricone believes that adding the "10 Superfoods" to your diet will enable you to enjoy extraordinary health. Some of the benefits include:

- Prevent and reduce inflammation
- Regulate metabolism and burn body fat
- Lower cholesterol
- Lower blood pressure
- Prevent cancer
- Protection against heart disease
- Digestive Health



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Wild Alaskan Salmon

The King of the Super Foods

Dr. Perricone has longed urged people to eat wild salmon as frequently as possible, for many reasons, including:

1. Salmon is the heart-healthiest high-protein food of all.
2. Salmon is by far the best source of long-chain omega-3 essential fatty acids (EPA, DHA, and others), making it a unique protein foods and a powerful anti-inflammatory.
3. Salmon is richest food

powerful anti-oxidant, anti-inflammatory orange pigment called astaxanthin, which neutralizes free radicals and prevents cellular damage.

4. Salmon is a rare dietary source of DMAE, the natural human neurochemical proven to help improve muscle tone in the face, thereby reducing wrinkles.

It is important to note the distinction between wild-harvested Alaskan salmon (which Dr. Perricone recommends) and farmed salmon, because wild salmon offers a far healthier fat profile and contains only negligible amounts of the manmade pollutants (PCBs, pesticides) that occur at disturbingly high levels in typical farmed salmon.

10 Super Foods

1 Acai

A high energy berry from the Amazon

2 The Allium Family

Garlic, Onions, Shallots, Leeks and Chives

3 Barley

Most beneficial grain

4 Green Foods

Blue Green Algae, Barley Grass and Wheat Grass

5 Buckwheat Seed

More protein than rice or wheat

6 Beans and Lentils

High in fiber

7 Hot Peppers

Anti-inflammatory analgesic

8 Nuts and Seeds

9 Sprouts

10 Yogurt or Kefir

