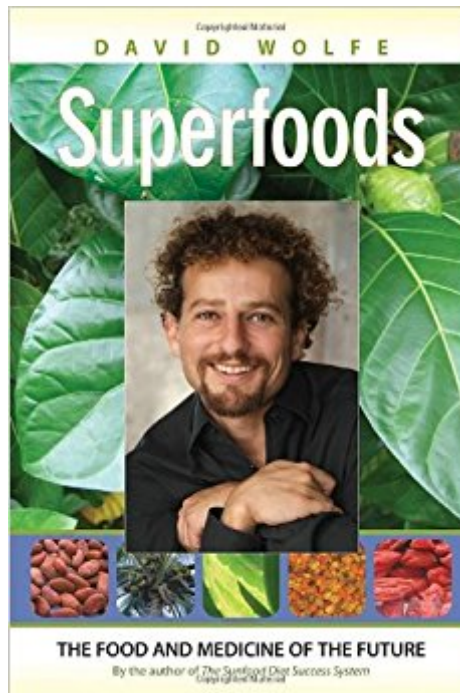




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Superfoods: The Food And Medicine Of The Future



Synopsis

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Book Description Superfoods are vibrant, nutritionally dense foods that have recently become widely available and which offer tremendous dietary and healing potential. In this lively, illustrated overview, well-known raw-foods guru David Wolfe profiles delicious and incredibly nutritious plant products such as goji berries, hempseed, cacao beans (raw chocolate), maca, spirulina, bee products, and a host of others. As powerful sources of clean protein, vitamins, minerals, enzymes, antioxidants, good fats and oils, essential fatty and amino acids, and other nutrients, they represent a uniquely promising piece of the nutritional puzzle. Each superfood is described in detail, accompanied by easy and delicious recipes. This accessible guide presents persuasive arguments, based on sound science, for the pivotal role of superfoods in promoting nutritional excellence, health and well-being, beauty enhancement, sustainable agriculture, and the transformation of diet, lifestyle, and planet. **A Q&A with David Wolfe** Question: What are superfoods? David Wolfe: Superfoods are the greatest foods identified by the greatest civilizations in the history of the world. They are foods that have a whole array of tricks under their sleeve. They are extremely easy to use

and agree with a lot of different body types and metabolisms. Question: What contributions are you making in the world? What are you here to share with us? David Wolfe: My goal is to make raw foods, superfoods, superherbs, and the best chocolate ever an option for everyone on the planet. I want to make becoming healthy simpler, easier, and more fun than ever before. Question: Tell us about the goji berry. What is in it? How about the cacao bean? What is in cacao? Isn't this the food that we make chocolate out of? David Wolfe: The goji berry is a complete protein source with extraordinary levels of antioxidants, levels of carotenes (according to studies, the more carotenes you eat, the longer you live) which have been shown to be present in primates. The goji berry is easy to eat for people of all ages. It also assists with the digestion of other food. It is considered the number one medicinal herb in Chinese medicine--which has a 5,000 year history of about 8,000 herbs. It improves our ability to secrete HGH naturally and it the only food known to do so. Cacao has a higher concentration of magnesium, chromium, iron, and antioxidants than any food in the world. Cacao is also exceedingly rich in copper, zinc, and manganese. Cacao contains fat-soluble forms of all of these minerals, which is unusual. Research has proven this food is associated with longevity. The cacao bean is chocolate, chocolate is cacao--you cannot have chocolate without cacao. Basically, chocolate is a nut butter made out of cacao beans. Chocolate contains PEAs, chemicals associated with falling in love, anandamide, the bliss chemical, and theobromine, which improves our cardiovascular health. Contrary to some opinions, cacao is very low in caffeine.

Does there anyone more passionate, dedicated, or knowledgeable about the tremendous benefits of superfoods to our bodies, minds, and planet? Not likely. Wherever you are in terms of what goes in your mouth, David Wolfe presents a compelling claim to add a little more vitality to your plate. "Angela Bassett, actress and author "A path of visionary nutrition informed by David Wolfe's book Superfoods will lift body and soul to a higher evolutionary vibration. Raw food and David Wolfe's guidance have had a transformative power in our lives. "Alex and Allyson Grey, artists and co-founders of the Chapel of Sacred Mirrors "David Wolfe has written a brilliant, wisdom-filled, illuminating book that is essential reading for everyone interested in reaching optimal health! Superfoods are indeed the food of the future for a healthier world. "Patricia Bragg, N.D., Ph.D., author and health crusader "David has written the ultimate guidebook to connect us with the superfoods that will transform us into the supernatural beings that we truly all are! | David has inspired divine superfood creations beyond my wildest dreams "and more! "Roxanne Klein, world-renowned chef and founder, Roxanne's Fine Cuisine "David Wolfe is a nutritionist's nutritionist. His knowledge in the fields of raw foods, superfoods, herbs, and chocolate are

unsurpassed in the world.â••â•• "John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus*â•• David Wolfe has become a dedicated expert in the field of living and superfoods. Anything he writes, I personally read and support. I consider David Wolfeâ•™s works on superfoods a must read.â••â•• "Jay Kordich (â••The Father of Juicingâ••), author and entrepreneurâ•• Nutrition author, expert, and orator David â••Avocadoâ•™ Wolfe continues to be a shining example of Success in America. His knowledge of superfood nutrition will astonish you and give you just that perfect piece of health advice that you have been looking for.â••â•• "Mark Victor Hansen, co-author of the *Chicken Soup for the Soul* seriesâ•• The knowledge David Wolfe brings us is vital for reaching the ultimate level of health, clarity, and understanding about the power of foods to heal ourselves and the planet. I believe that David, with his wealth of information, is hands-down one of the most important people of this century.â••â•• "Justin BUA, artist and author of *The Beat of Urban Art*â•• David Wolfeâ•™s commitment, not just to humanity but to Mother Earth herself, is second to none. He has discovered the gift of his true purpose and is unabashedly sharing it with the world. The energy of compassion and pure love that he pours into every plant and everyone is the same. I know few people more committed to us all finding our inner joy through the miracle of growing and eating the best food ever and thereby experiencing everyday as *The Best Day Ever*.â••â•• "Demian Lichtenstein, motion picture producer and director"Anyone who is ready to experiment with this class of foods can grab this book and get a complete overview of not only what a superfood is, but how one can effectively use them in their personal diet... The information in this book is absolutely complete."â•• "Raw Food Right Now"Perhaps in this day and age of snippets and sound bytes we have simply lost the art of listening and deep thought. But David Wolfe is what I'd call a 'thinking man'... his infectious enthusiasm leaves you with that old line from the movie *When Harry Met Sally* dancing on your tongue...'I'll have what heâ•™s having!'"â•• "Purely Delicious Magazine"lâ•™ve been inspired by and learning from David Wolfe for a few years now, and I love his energy. He is so amped up about superfoods! With good reason. This book will show you the world of raw, living superfoods and how you can add them into your life. If you believe, as David Wolfe does, that â••what you eat becomes you,â•™ â•• youâ•™ll love this book." â•• "Jenny Sansouci, *Healthy Crush*â•• [Superfoods] was like eating a potato chip, I couldn't just stop at one page, or even one chapter! In today's society, trying to eat healthy isn't easyâ•• Fortunately, raw-foods guru and world-renowned nutritionist David Wolfe is here to help guide us to the most powerful foods and best health available.â••â•• "Prissy Greenâ•• During these challenging times, we really need food to help us, and we really need to eat food that's going to help the planet. David is one of the Superheroes of the Superfood movement. And this book is an amazing tool for transforming your

life.â •â "Beth Lapidèsâ œIn addition to excellent information, each section includes mouth watering recipes ranging from basic to advancedâ | Superfoods: The Food and Medicine Of The Future is a must read for anyone interested in nutrition and wellness.â •â "Gluten Free Gidget"Superfoods is David Wolfe's manual on the current state of foodâ | of interest to anyone trying to outline their diet plans and choose better natural remedies.â •â "Midwest Book Review

I had taken this book out of my local library & LOVED it. Full of good info. foods/vitamins/minerals in here I never heard of! :) I plan to high light, underline & mark up my very own copy :)

Great read to learn about what a super food is and why we should eat more of them. Very interesting.

Gives a great outline in regards to buying raw and getting started. Good insight on health benefits of raw and how the body as a whole reacts with necessary nutrients.

A good reading book for healthy eating information..

I have watched David on tv and make most of the drinks he makes with my Nutri Bullet machine. I found so much good information in his book so if your trying to stay healthy I would say buy the book also the one with drinks in.

This book by David Wolf is an exciting look at the incredible benefits of his top picks for the most amazing super foods of the world. He includes a brief history of each food including things such as who ate it, when and what they believed about it as well as the current and reported potential benefits and nutrient information of each. From berries to the not so appetizing micro algae, he will have you wanting to try each and everyone as soon as possible. My only disappointment was that only a couple of warnings were included and no effort was spent to balance the information with what is disputed about some of the claims. David is a source for purchasing these items and I think it shows a little in the 100% positive look at the foods. But at the end of the day, I loved the book and can't hold it against him that he is passionate about his super foods. I found the book very interesting 'food for thought' especially for those looking for natural answers to poor health issues or nutrition concerns. I gave several out as Christmas presents this year.

Great reference book.

I received my book on time, and it was in great condition. I just love this book! It is one of the best researched books in its field. Thank you so much!!!

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