



Natural *Secrets*

***To Fight Fatigue And Revitalize
Your Health***

Energize Greens By Holistic Health Labs

Natural Secrets to Fight Fatigue & Revitalize Your Health

Energize Greens

By Holistic Health Labs



www.EnergizeGreens.com

Introduction - Do you ever feel so tired to the point of fatigue, even without having engaged in much activity? Is it sometimes so difficult to get up in the morning even when you have had a sufficient amount of sleep? Are you someone who has been described as generally sluggish or lethargic?

If you answer yes to any or all of the above questions, then you are probably in dire need of a physical overhaul. Physical exhaustion, weakness, sluggishness and mental fog can be symptoms of adrenal fatigue which is typically caused by excessive stress and accumulation of toxins in the body.

Taking Comfort in Comfort Foods

An obvious solution to the problem of chronic fatigue and sluggishness appears to be the reduction of stressors and their influence over you. This goal may actually be achieved by the simple act of including certain foods in your diet. You've heard of the phrase "comfort food," right? Well, the consumption of whole grains which are vitamin B rich has been associated with improved ability to cope with stress.

Natural whole foods truly do provide comfort for the body by increasing energy levels, improving memory and focus, strengthening and rejuvenating the body. You would do well to stock up on natural raw foods such as fruits and vegetables, oats, berries, nuts and honey.

Filling in the Gaps with Superfoods

You may think that you have been eating the right kinds of food in the proper amounts. Let's say, you've been eating your share of proteins, carbs and perhaps more than the occasional fruit and vegetable. Typically though, our daily diet still does not meet our actual nutrient requirements to an optimal level.

That is why it is very important to fill in our nutritional deficiencies with superfoods. Superfoods such as berries and nuts, dark green vegetables, citrus fruits and legumes, are generally considered to be especially nutritious and healthy. These foods have been consumed by humans for thousands of years and are touted for their nutrients, the abundance of which goes beyond amounts normally contained in other foods.

Research has shown that superfoods provide even more health-transforming nutrients than capsules packed with synthetic multivitamins and supplements which are not readily absorbed by our body and which can even leave toxic substances in our kidneys and colon. Superfoods have demonstrated functions that are specifically tailored to meet our particular human needs.

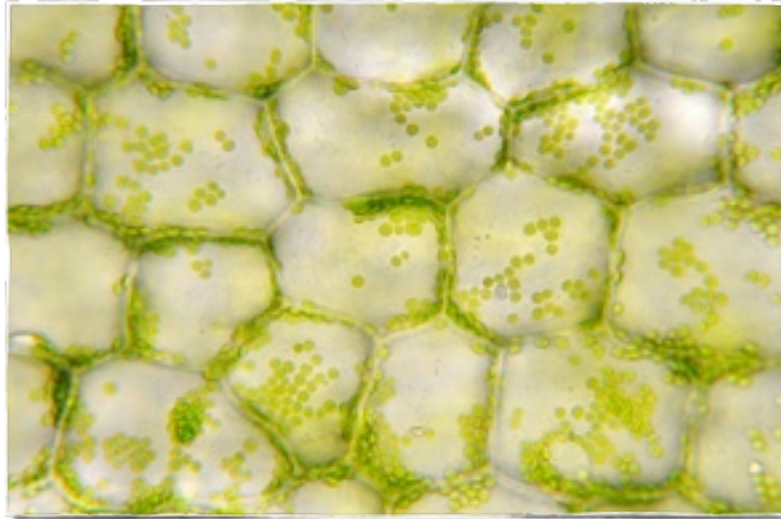
Apart from absolutely bursting with nutrients, these superfoods also play an essential part in eliminating toxins from your body, thus helping alleviate the symptoms of sluggishness and fatigue mentioned earlier. Detoxification through superfoods strengthens and purifies the body's glands, increasing the chances of better overall physical and mental health.



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Go For Green

Green superfoods, in particular, are composed of extremely high concentrations of chlorophyll, phyto-nutrients, vitamins, minerals, fat burning compounds and healthy bacteria. They are organic and are easily absorbed by the body, ensuring the efficient conversion of foods to nutrients and minerals which the body can use for optimal health and well-being.



The power of green superfoods lies in the abundance of chlorophyll and phyto-nutrients that they contain. Chlorophyll, the pigment responsible for the green coloration of plants, directly aids in detoxifying the blood by alkalizing and cleaning it, in addition to restoring the body's PH levels.

When blood is clean and rid of toxins, red blood cells abound, fulfilling the task of distributing oxygen throughout the body, optimizing digestion, eliminating metabolic wastes and essentially improving cell and organ functioning. Aside from neutralizing toxins found in the body, chlorophyll also aids in fighting the signs of aging, healing tissue damage, and defending the body against degenerative illnesses.

Phytochemicals or phyto-nutrients, for their part, assist the body in preserving visual acuity, enhancing cellular health, regulating hormonal balance and even preventing serious illness such as cancer and diabetes.

Our parents certainly knew what they were talking about when they insisted that we eat our greens. Had we known then what we know now about the superior benefits of green foods, we would have devoured our share of spinach and broccoli happily and would have even asked for more.

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Exceptionally Special

Fortunately, there is no lack in variety and diversity of green superfoods available for our consumption. We can easily take our pick from snow peas, green leafy vegetables, artichokes, broccoli, asparagus, tomatoes, pumpkin, and blue-green algae. The potency of these green superfoods varies across the different kinds. Some green superfoods, however, are considered to be exceptionally potent, such as the ones listed below.

Barley Grass

Known as one of the more potent green superfoods and for its ability to neutralize heavy metals in the blood, barley grass contains much more calcium than cow's milk and even more bio-flavonoids and vitamin C that would put an orange to shame. Barley grass, one of the most recognized cereal crops, unbelievably has just as much protein as a steak does.

Since barley grass in its raw form has very thick cell walls, it is best to have it juiced first for better absorption by the body. Its juice is typically extracted and used as the base for a tasty and healthful drink. The powdered form of barley grass goes very well with apple juice and orange juice, and may even be the base for an extraordinary smoothie that packs a punch.



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Spirulina

Spirulina, a cultivated blue-green micro-algae, is considered as one of the oldest life forms on the planet. Modern day plants and animals could not have existed were it not for spirulina's assistance in producing oxygen for the atmosphere of the earth billions of years ago. Mexican and African indigenous groups have, in fact, been consuming spirulina and have been enjoying its nutritional benefits for thousands of years.

Commonly found in warm climates and in warm alkaline water, spirulina is considered one of the planet's best sources of protein, even better than meat. It is packed with so many vitamins and minerals, antioxidants and carotenoids that it has been said that a person can possibly survive on water and spirulina alone.



Chlorella

Chlorella, another green superfood, is an extremely tiny fresh water algae that packs a compendium of minerals such as magnesium and iron, vitamin C and vitamin E in addition to all the B vitamins and a complete protein package. It is no wonder why it is popularly referred to as nature's multivitamin.

Chlorella gained renown when there was a global threat of famine in the 1940s and 1950s due to uncontrolled population growth. Easily cultivated in fresh water ponds and multiplying quite rapidly, chlorella was considered the complete food that could then serve as the solution to world hunger.

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Wheat Grass

Wheat grass is another green superfood that you should always have on hand, due to its high enzyme content and its efficient cleansing effects on the digestive process. Wheat grass differs from the whole grain due to it having been sprouted from wheat seeds. Since it has been sprouted, wheat grass is now free from gluten and other common allergens contained in whole wheat.

Wheat grass is easily grown and juiced at home and is used by individuals for a variety of reasons, including weight loss, treatment of wounds, rejuvenation of skin and hair, and as a sleeping aid, among many others.

Beet Juice

Beet greens and their typically deep red or purple counterparts, beetroots, are definitely not among the more popular superfoods. Too bad, because beets are jam-packed with their share of vitamins, minerals, amino acids and nitrates which bring about improvements in both physical and mental performance.

Beetroot juice is very proficient at increasing the body's oxygen uptake which translates to less fatigue and greater stamina. Though it has been mostly overlooked, beetroot juice has been favored as one of the better tasting among the superfoods, having a sweet and earthy taste and is sometimes even used as a component in wine.



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Alfalfa

Alfalfa is a perennial leguminous crop and belongs to the pea family. The plant can grow as tall as 1 meter while its roots can stretch a staggering 15 meters underground, making it a very resilient organism that can survive extreme droughts. It is very rich in protein, vitamins, calcium, minerals and enzymes that aid in food assimilation.

Ancient Chinese have used alfalfa for a variety of medical reasons, specifically for digestive disorders. The earliest use of alfalfa, however, has been documented since the 4th century AD. Currently, alfalfa is considered a very effective astringent and detox agent.



Powder Up

While it's very helpful to know which foods are most beneficial to eat or drink, knowledge does not do much good if we do not have these foods available to us. City-living, in particular, is not conducive to providing us with an ample supply of these fresh organic greens in our kitchen or pantry.

Rather than miss out on the crucial benefits of these superfoods when unavailable, what some health-conscious individuals do is always keep stock of these green superfoods in powder form. Powdered varieties that can easily be concocted into flavorful drinks or mixed with fresh fruit or yogurt are a very effective and convenient way of making sure that our body gets the nutrition that it deserves.

While nature has seen fit to endow us with an array of superfoods that we need to thrive, humans have found a variety of ways by which to optimize nature's bounty. Knowing more about our body's needs and the many ways by which these needs can be met is essential to homing in on the best possible option for our body today.

