



# Top 10 Super Foods

*That Strengthen Immunity  
& Boost Energy Level*

*Energize Greens By Holistic Health Labs*

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Energize Greens

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[www.EnergizeGreens.com](http://www.EnergizeGreens.com)

**Introduction** - Do you fall sick often, and need an immunity booster? Do you feel tired during mid-afternoon, when you need another cup of coffee to make you energized? Do your friends and family members often comment that you look worn-out?

If you have experienced any of the above, and do not want to rely on caffeine as a long-term solution, you should seriously consider to include superfoods as a daily staple to revitalize your health and say good-bye to fatigue!

## Superfoods - Unique Nutrients Boosters

Superfoods are excellent sources of unique nutrients otherwise absent in conventional fruits and vegetables. If you're following a low-calorie diet, superfoods will be your best friends, because they give you plenty of nutrition without the caloric burden.

When taken as part of a meal, they can add a nice kick to the taste of your favorite food and drink, as they often carry a distinctive flavor-- perhaps it's nature's way of ensuring that you remember to eat them. Use the following list to discover which of these amazing superfoods will help you achieve your ultimate health goals.

## Top 10 Superfoods

### Acerola Berry

Often sold as juice powder, this supplement is derived from the acerola cherry, from fruit-bearing shrubs native to Mexico, Central and South Americas, and even as far as India. It's an excellent source of the antioxidant vitamin, Vitamin C, providing well over 2000% over the Daily Value (1677.6 mg of Vitamin C per 100 g of fruit). Its antioxidant ability has also been shown to help reduce unhealthy blood sugar levels in mice, showing promise for humans. It is also anti-inflammatory, which helps to reduce the risk of heart disease and other common chronic conditions like arthritis, and diabetes.



Recently researchers have begun to do more studies on its possible anti-cancer effects, as preliminary evidence showed that acerola berry extract slowed the abnormal cell growth in mice with lung cancer. Separately, there is also some evidence to suggest that acerola berry extract, when taken orally, may protect the skin from the harmful rays of the sun.

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## Astragalus

This plant is well-known among TCM (Traditional Chinese Medicine) practitioners, as its root has long been used to make a tonic to fight viral and bacterial infections, particularly respiratory infections. Its common names vary, including milk-vetch, goat's thorn, and locoweed. Nowadays, astragalus are marketed as life-prolonging supplements.

Astragalus contains flavonoids, amino acids, and trace minerals, especially selenium, a powerful mineral that combats cancer. The astragalus' most interesting constituent is cycloastragenol, which scientists believe is what gives astragalus its life-prolonging, anti-aging effects. Cycloastragenol has been found to reduce the aging process of immune cells, particularly cytotoxic T-cells and natural killer cells. It does this by boosting the production and activation of telomerase, an enzyme that promotes formation of telomeres, short bits of DNA that protects parts of your DNA from getting lose, and also plays key roles in cancer and aging.

Astragalus is typically sold as tea,(made from dried roots), capsules, or powder form. If you live near a Chinatown, you may be lucky enough to get the root itself, which is believed to be healthiest.



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## Royal Jelly

Made by worker bees solely for the consumption of the Queen Bee, this superfood is fit for even the most discerning of human kings. The chemical and nutritional composition is so complex that a scientist has yet to successfully recreate it. It's rich in Vitamins A, some B, C, D, and E, which altogether helps to reduce blood pressure, unhealthy cholesterol, and inflammation. But it's the unique blend of nutrients that confers its more impressive benefits.

Royal jelly is the only natural source of acetylcholine, which contains 17 amino acids, 8 of which are essential amino acids. Acetylcholine supports growth and promotes immune system function.

A little-understood “secret” ingredient in royal jelly, named *royalactin* by a Japanese scientist who studied this particular substance, has been shown in insect studies to prolong their lifespans when incorporated into their diets. It's also believed that royalactin may activate a protein gene in most animal species that creates this same effect.

Royal jelly also contains estrogen-like compounds that, in various mechanisms, can inhibit formation of tumors by preventing estrogen from binding to growth-promoting factors; in fact, it's been shown to inhibit the growth-promoting effects of Bisphenol-A (BPA) on human breast cancer cells. As an immune-booster and anti-cancer supplement, royal jelly is a popular choice among chemotherapy patients, whose immune systems are already compromised.



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## **Nova Scotia Dulse**

Like its other seaweed peers, this red seaweed is considered to be one of the most potent vegetables available. Nova Scotia Dulse, or Dulse for short, been found in studies to contain as many as 112 trace minerals, notably potassium, copper, magnesium, zinc, and calcium.

One study even found that Dulse can contain up to 34 more times potassium than a banana, causing some experts to advise patients with renal conditions to use it with caution. In addition to the impressive mineral content, this superfood contains polyphenols, whose antioxidant properties make Dulse a hot topic in cancer studies.



Interestingly, Dulse also contains high amounts of polyunsaturated fats, which is unusual for vegetables. It contains both Omega-3 and Omega-6 fatty acids, both of which are needed to prevent inflammation in the body and maintain optimal brain health.

Nova Scotia Dulse can now be enjoyed in tablet, capsule, tea or powder form. Some sprinkle the powder on salads, soups, or even use it as a salt substitute.

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## Beet Juice Powder

You either love them or hate them; nonetheless, Grandma was right— beets are good for us. Beets get their reddish color from a class of antioxidants called betalains, which explains why some people see a reddish tinge in their urine after consuming beets.

Related to betalain is the nutrient betaine, which is so cardioprotective it'll make your heart skip a beat (figuratively, speaking of course!) Betaine works with the other nutrients present in the beets—particularly Vitamins B6, B9, and B12, and S-adenosylmethionine (SAM-e) to reduce concentrations of homocysteine, which in high levels contributes to heart disease, stroke, and damage to blood vessels.

According to the American Heart Association journal *Hypertension*, 500mL of beetroot juice led to a reduction in blood pressure in one hour.

As if that wasn't enough good news, betaine has also been shown in both rat and human studies to protect against liver damage. It does so by preventing fatty deposits from accumulating in the liver to due to stress, alcohol, and environmental toxins.



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## Barley Grass

It's bad enough that you may feel like a cow, but do you need to eat like one, too? As it turns out, the answer is yes- if you want to lose weight and stay fit, that is. And we're not talking the kind that eats corn and stands in one cramped spot all day (Hm, sound familiar?), but the old-fashioned ones that still eat grass and wander about the pastures.

Barley grass refers to the young leaf of the plant before the grain is produced and before the stem is developed. Just like wheatgrass, the grass form of barley is superior in nutritional value to the grain- so don't think that eating the whole-grain bread will get you off the hook (besides, the bread is probably full of harmful gluten!). As grass, barley has an excellent ability to absorb nutrients from the soil. Barley grass contains significant amounts of B vitamins, Vitamins C & E, essential trace minerals, and all the amino acids.



Most of the health benefits of barley grass are attributable to the presence of Vitamin B complex: it boosts energy and vitality, combats fatigue, and fights stress. Also, since B vitamins are crucial for brain health, metabolism, cell growth and division, and immunity, barley grass is extremely beneficial for deficiencies related to any of these processes. As a combination of nutrients working together, the vitamins and minerals make barley grass excellent at neutralizing harmful toxins at a cellular level.

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## Ginkgo Biloba



The go-to supplement for those seeking a brain boost, ginkgo biloba comes from a tree native to Japan and China; in fact, it's the national tree of China. The B-vitamins and Omega fats contained in ginkgo biloba contribute to the various improvements in brain function, such as improved memory, increased concentration, and relief from brain-related disorders.

Many elderly people take it as a means of preventing Alzheimer's disease. Moreover, ginkgo biloba increases blood flow to the brain and regulates nerve signaling between neurons. It also contains Vitamin A, C, trace minerals, and some protein.

But that's not all ginkgo biloba is reported to help. Impotence and infertility among males is said to be helped by ginkgo biloba, as well as chronic bronchitis, asthma, reducing the effects of menopause, and relief from some hearing disorders. With a classification of superfood, would you really expect any less from this wonder of a plant?

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## Eleuthero Root

With past aliases like “devil's shrub” and “touch-me-not”, you'd think people would steer clear of this plant. Surprisingly however, the root of this woody shrub originating in Russia is documented to have been used as far back as two thousand years ago! More commonly referred to today as Siberian ginseng or Russian ginseng, this powerful plant is often prescribed by naturopaths and TCM doctors to combat fatigue, physical and mental stress, and increase stamina.



Eleuthero owes its stress-fighting abilities largely to the active ingredients in the root, called eleutherosides, which are compounds that reduces the activity of the adrenal cortex-- a major stress organ that is associated with chronic fatigue-- thereby inhibiting the stress response and the ensuing negative effects (namely, decreased immune function).

Eleuthero is also said to balance levels of brain chemicals like serotonin and dopamine, which determine mood. Because of such normalizing effects of eleutherosides, the root is considered an adaptogen- something that helps your body adapt so as to keep your internal state of health in balance.

## Alfalfa

With alfalfa's quirky, somewhat cartoonish appearance and mild, neutral taste, it's hard to believe that its name comes from the Arabic phrase al-fac-facah, meaning "father of all foods." But nutritionally speaking, this seemingly innocuous plant can stand up to the best of the superfoods.

One of the oldest cultivated herbs, both alfalfa seeds and sprouts can be used in food preparation. Alfalfa is naturally low in saturated fat, cholesterol, and sodium but high in fiber. It is also a good source of protein, with each cup (33 g) of raw, sprouted seeds containing about 42% protein. It's loaded with Vitamin C, Vitamin K, and some B-vitamins, as well as important minerals like iron, magnesium, phosphorus, zinc, copper and manganese.

Alfalfa is particularly helpful for the digestive system, acting as a natural laxative (thanks to the high fiber content), pain reliever for indigestion and general digestive discomfort (because of its anti-inflammatory bioflavonoids), and digestive aid (as it contains digestive enzymes). It also helps to prevent gastritis, inflammation of the stomach lining, and can reduce unhealthy cholesterol levels.



Not only will your stomach keep churning happily, your heart will also beat for joy—the bioflavonoids in alfalfa helps prevent plaque build-up in the arteries, strengthen capillaries, and the high Vitamin K content helps in the blood-clotting needs of the body.

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## Echinacea Angustifolia

Otherwise known as Black Samson Echinacea and Narrow-Leaf Coneflower, this unique healing plant is most widely known for its immune-boosting properties. German research has suggested that the plant increases the function of the immune system by increasing the amount of T-cells and white blood cells by 30%, thereby enhancing the body's ability to fight pathogens.



In the past, North American tribes and early Americans alike either ate the roots or applied the macerated plant to treat wounds, resist infections, and even as a cure-all for a variety of ailments. Its nutrient profile includes Vitamins B1, B2, and B3, essential oils, as well as kaempferol- a powerful flavonoid shown in numerous studies to be anti-cancer, cardioprotective, anti-diabetic, and anti-osteoporotic, just to name a few.



Today, echinacea is available as a tea, capsule, or juice, making it a convenient superfood for those looking to restore and maintain their health.

## Get All 10 Superfoods and More...With Energize Greens!

There may be no such thing as a silver bullet, but superfoods are a very close second. Whether you're looking to fix or prevent a condition, superfoods often do both, with minimal adverse side effects, if any. Best of all, they can be consumed in a variety of ways, giving you better control over your wellness lifestyle.

If you are wondering how to fulfill your daily intake of these 10 superfoods to fight fatigue and boost your immune system, look no further! Energize Greens contains all the top 10 superfoods, and other superfoods, to ensure that you have total nutrition, get the necessary anti-oxidants, flavonoids, essential minerals and vitamins.