



7 Foods You're Not Eating But Should

The Performance Page

Featuring Calvin Buhler, Human Performance Expert

There are many power-foods that never see the inside of your grocery cart let alone on your plate during mealtime. Perhaps some of them you've never even heard of, and others you've simply forgotten about. That's why I've compiled a list of the seven best power-foods you should be eating, but probably aren't. Each food was chosen because it appears to have incredible, almost drug-like effects on the human body. While there are no guarantees, eating these foods will likely change your health and change your life. Make a place for them in your grocery cart and on your plate and you'll instantly upgrade your health—without a prescription.

Here are my choices in no particular order, along with the reasons why I've included them:

Flaxseeds

This warm, earthy and slightly nutty flavored seed is one of the best sources of plant-derived Omega-3 fatty acids. Including them in a diet that contains a healthy ratio of Omega-6 fatty acids creates a perfect combination. In addition to being a rich source of plant-derived Omega-3 fatty acids, flaxseeds also contain fiber, protein and magnesium.



In a study involving 40 patients with high cholesterol, daily consumption of ground flaxseed showed significant reductions in bad cholesterol. Another study revealed that flaxseed consumption halted the growth of prostate tumors.

Shiitake Mushrooms

Mushrooms contain zinc, essential amino acids and a host of vitamins. Shiitake mushrooms have been



They appear to possess some pretty interesting properties, including some much-desired anti-cancer powers.

Extracts from shiitake mushrooms have also been researched for many other immunological benefits, ranging from anti-viral properties to possible treatments for severe allergies, as well as arthritis. In fact, the Japanese have created an anti-cancer drug based on an extract from this mushroom, which has shown promising effects on bowel, liver, stomach, lung and ovarian cancers.

Pumpkin/Pumpkin Seeds

Pumpkins serve more purpose than just sitting on your front porch during the Halloween season. What makes pumpkins so valuable is their synergistic blend of phytonutrients. In fact, pumpkins contain the richest supply of carotenoids known to man.



These carotenoids are suspected to modulate immune responses, enhance cell-to-cell communication, and protect against various cancers. One carotene in particular — alpha carotene — is even suspected by some to slow aging.

And don't even think about throwing away the seeds after carving a jack-o'-lantern. This oft-wasted seed is the most valuable part of the pumpkin. Pumpkin seeds contain high-levels of magnesium. French researchers recently concluded that men with high levels of magnesium

in their body have a 40 percent lower risk of early death.

Beets

This grungy-looking root vegetable is naturally sweeter than any other vegetable, meaning they pack a ton of flavour underneath their rugged exterior.



The Romans used beets as a treatment for fevers, constipation and a host of other ailments. This vegetable is one of the best sources of folate and betaine. Two nutrients that work together to lower your blood levels of homocysteine, an inflammatory compound that can damage your arteries and increase your risk of heart disease. Its rich source of the mineral boron plays an important role in the production of certain sex hormones. Plus, betacyanins, the pigments that give beets their distinctive crimson color, have shown to have anti-cancer properties.

Garlic

Garlic has been used throughout history for both culinary and medicinal purposes. Its characteristically unique flavour distinguishes it among its closest cousins — onions, shallots and leeks.



Studies show that garlic may help prevent heart disease including atherosclerosis, high cholesterol and high blood pressure. For example a Czech study has demonstrated how this may be possible by reducing plaque build-up on vascular walls. Further findings illustrate that a daily dose of garlic significantly reduces free radical stress on the body providing an anti-oxidant effect. Due to the presence of allylic sulphur compounds found in garlic, it's also extremely effective at fighting cancer.

Spinach

Absent from most American kitchens, this flowering plant is a major player in other parts of the world.



Spinach is another one of those vegetables whose nutrients and phytonutrients display a wonderful synergy.

Consider that spinach contains carotenoids like zeaxanthin and beta-carotene, along with antioxidants like CoQ10 and glutathione and the insulin modulator alpha lipoic acid. Not only that, but spinach is fairly rich in plant-derived Omega-3 fatty acids, too.

All of this equates to a vegetable that lowers homocysteine levels, risk of degenerative eye disease and many

types of cancer. In fact, there are epidemiological studies that show that the more spinach eaten, the lower the risk of almost every type of cancer.

That's right, Popeye was on to something.

Pomegranate

A popular fruit for centuries in the Middle East and Mediterranean, the pomegranate has become widely available relatively recently in the United States, especially in juice form.

In preliminary research, juice from the pomegranate has been found effective in reducing heart disease risk factors, including LDL oxidation, macrophage oxidative status and foam cell formation, all of which are steps in atherosclerosis and cardiovascular disease.

Israeli scientists discovered that

consumption of pomegranate decreases systolic blood pressure by 21 percent and significantly improved bloodflow to the heart. What's more, it's a good source of Vitamin B and C, potassium and antioxidant polyphenols.



AlpineV, a popular functional beverage, contains pomegranate as one of its four ingredients providing all of its essential benefits. The synergistic affect of all of AlpineV's ingredients provide the same health benefits as the foods you're probably not eating, but should. So, in the event that you're not able to change your shopping habits and include these wonderful foods in your grocery cart and in your diet, then be sure to supplement with AlpineV.

"...eating these foods will likely change your health and your life."