



11 FOODS FOR A HEALTHY LIFESTYLE



HEALTHY LIFESTYLE
ACADEMY

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1.0 INTRODUCTION

The purpose of this guide is to share authoritative information on the benefit of foods for our **Healthy Lifestyle Show** podcast subscribers. This report is compiled by the **Healthy Lifestyle Academy** team and in no way endorse any information shared by different research organizations and companies.



Our goal is to share the information in a concise format with the sources referred so that our readers can get more benefits if they want to check out any specific topic further.

At Healthy Lifestyle Academy, we are fortunate to have direct access to industry knowledge of nutritional tips and supplements through a premium Vitamins supplier, Activa Naturals Inc. and Fitness Experts through Furious Fitwear Inc.

On behalf of Healthy Lifestyle Academy, I want to welcome you here and before you start reading this eBook, I want to introduce myself to you.

My name is Jay Author and I am the champion of the team leading this whole book.

Instead of writing so many names, I am going to share here the name of the websites which have contributed to make this eBook an authoritative source for the good foods for a healthy living:

1. <https://www.activanaturalsstore.com/collections/frontpage>
2. www.FuriousFitwearStore.com

2.0 11 FOODS FOR A HEALTHY LIFESTYLE

We want to keep this book brief and quick so that more people can read it and can get immediate benefits. So we are directly jumping on the list of 11 foods which are important for maintaining a healthy lifestyle.

1. Coconut Oil

For Your Hair

The benefits of coconut oil for your hair are numerous. **Coconut oil** helps keep your hair fully moisturized, it promotes full growth and creates strong hair whilst keeping the scalp free from flakes. Its main benefit comes from increasing the protein retention in your hair – allowing for fuller and stronger growth.

Whilst many companies use tiny amounts of virgin coconut oil in their high end products a lot of people are now turning to pure virgin coconut oil for the benefits it brings.

The key benefits of using coconut oil or even coconut oil cream in your hair can be exposed by looking at the chemical properties of coconut oil. Often people prescribe coconut oil as a remedy for hair.

For Your Skin

Coconut oil has a large number of fantastic benefits for your skin.

The first one is vitamin E in coconut oil keeps your skin healthy, spot free and protects against skin cancer. Vitamin E in coconut oil acts as an antioxidant - meaning that it protects skin cells from UV light, pollution and the negative effects of smoke and other "free radicals". The most notable of these is of course the prevention of skin cancer making coconut oil one of the most beneficial forms of sun screen available.

Vitamin E also helps reduce the appearance of stretch marks and prevents the appearance of age spots by rejuvenating the skin cells over your body.

As coconut oil has a high yield of vitamin E many people are now using it as a substantive replacement for expensive sun-creams, or as a supplement to sun screen as it is less harmful to the skin.

Coconut oil also has fantastic moisturizing benefits that extend beyond simply the high content of vitamin E.

For Weight Loss

90% of **coconut oil** is saturated fat. Sounds like a nightmare, doesn't it, but a closer examination reveals the surprising truth.

This is because most of the saturated fatty acids in coconut oil are what are known as medium chain triglycerides. Medium chain triglycerides are actually easier for your body to break down than other saturated fats. Especially those found in fast food and other artificially created products. This is because there are fundamental differences in the chain composition in these fats which mean they are harder for your body to breakdown - which in turn means they are more likely to accumulate in your arteries and in your skin tissue.

Further, the saturated fats in coconut oil - especially the Lauric acid actually increase the body's metabolism and promote optimal health of the thyroid and enzymes systems. Having a high metabolism means that the body burns calories at an increased rate. This is due to the acidity of your stomach acid and how effectively it can convert food to energy. Having a healthy gut will greatly increase your chances of having a high metabolism and help you start shedding weight.

The enzymes contained within coconut oil actually act as catalysts to your stomach acid and help you break down fat at an increased rate-

and as your metabolism is also increased you can burn a higher proportion of the calories you take in. They also help to promote a healthy gut by fighting bacteria and strengthening the stomach lining. Hence coconut oil actually is much better for you to use in cooking and food than other alternatives as it has added benefits not found in vegetable and olive oil.

For Immune System

Maintaining a well-balanced diet and carefully monitoring your daily food and drink intake are central to keeping a well-balanced and healthy immune system. Your immune system has to fight off scores of bacteria every day and having a low immune system means you are more likely to catch viruses and other illnesses.

Ingesting coconut oil can help your immune system in a surprising number of ways.

The key way **coconut oil** can boost your immune system is through the ingestion of saturated fats- the most beneficial of which are - medium chain triglycerides. These are the most easily digestible saturated fats as the body transports them straight to the liver where they are not used for the production of fat, so you don't have to be overly worried about increasing your cholesterol as you boost your immune system.

Medium chain triglycerides are used by your immune system to create antimicrobials - which we more commonly think of as antibodies. Antibodies are the primary defense mechanism your body has when fighting infections and viruses so having moderate amounts of saturated fats is necessary to keep your antibody production up.

The fats in coconut oil contain antimicrobial lipids which have anti-viral and anti-fungal properties. Coconut oil contains Lauric, Caprylic and Capric acids which, when broken down, are converted into specific

antibodies used to in your body's defenses against a range of diseases including herpes, influenza and other infections/diseases.

For Digestion System

The saturated fats in coconut oil, especially Lauric acid and Capric acid, aid your stomach, and digestive track, in neutralizing micro bacteria. These fats help remove parasitic bacteria and fungi keeping your digestive tract and stomach at its optimal performance.

Whilst these benefits are great if you have indigestion they also help the clean and healthy running of the rest of your body too. **Coconut oil** is rich in vitamins and minerals itself but the fatty acids within it actually encourage the absorption of most other vitamins and minerals into your body.

2. Apples

These marvels of nature deserve their reputation for keeping the doctor away when you eat one a day. And now, it seems, they can help you melt the fat away, too.

First of all, they elevate your [blood glucose](#) (sugar) levels in a safe, gentle manner and keep them up longer than most foods. The practical effect of this is to leave you feeling satisfied longer, say researchers.

Secondly, they're one of the richest sources of soluble fiber in the supermarket. This type of fiber prevents hunger pangs by guarding against dangerous swings or drops in your blood sugar level, says Dr. James Anderson of the University of Kentucky's School of Medicine.

An average size apple provides only 81 calories and has no sodium, saturated fat or [cholesterol](#). You'll also get the added health benefits of

lowering the level of [cholesterol](#) already in your blood as well as lowering your [blood pressure](#).

Studies have shown that apples also help with

- neurological health
- Preventing dementia
- Reducing your risk of stroke
- Lowering levels of bad cholesterol
- Reducing your risk of diabetes
- Warding off breast cancer
- Obesity

3. Whole Grain Bread

You needn't dread bread. It's the butter, margarine or cream cheese you put on it that's fattening, not the bread itself. We'll say this as often as needed – fat is fattening. If you don't believe that, ponder this – a gram of carbohydrate has four calories, a gram of protein flour, and a gram of fat nine. So which of these is really fattening?

Bread, a natural source of fiber and complex carbohydrates, is okay for dieting. Norwegian scientist Dr. Bjarne Jacobsen found that people who eat less than two slices of bread daily weigh about 11 pounds more than those who eat a lot of bread.

Studies at Michigan State University show some breads actually reduce the appetite. Researchers compared white bread to dark, high-fiber bread and found that students who ate 12 slices a day of the dark, high-

fiber bread felt less hunger on a daily basis and lost five pounds in two months. Others who ate white bread were hungrier, ate more fattening foods and lost no weight during this time.

So the key is eating dark, rich, high-fiber breads such as pumpernickel, whole wheat, mixed grain, sprouted grains, oatmeal and others. The average slice of whole grain bread contains only 60 to 70 calories, is rich in complex carbohydrates – the best, steadiest fuel you can give your body – and delivers surprising amount of protein.

4. Barley

This filling grain stacks up favorably to rice and potatoes. It has 170 calories per cooked cup, respectable levels of [protein and fiber](#) and relatively low fat. Roman gladiators ate this grain regularly for strength and actually complained when they had to eat meat.

Studies at the University of Wisconsin show that barley effectively lowers [cholesterol](#) by up to 15 percent and has powerful anti-cancer agents. Israeli scientists say it cures constipation better than laxatives - and that can promote weight loss, too.

Use it as a substitute for rice in salads, pilaf or stuffing, or add to soups and stews. You can also mix it with rice for an interesting texture. Ground into flour, it makes excellent breads and muffins.

To top it off Barley also provides:

- Protection Against Atherosclerosis
- Cardiovascular Benefits for Postmenopausal Women
- Prevent Heart Failure

- Lower Risk of Type 2 Diabetes
- Prevent Gallstones

5. Beans

Beans are one of the best sources of [plant protein](#). Peas, beans and chickpeas are collectively known as legumes. Most common beans have 215 calories per cooked cup (lima beans go up to 260). They have the most protein with the least fat of any food, and they're high in potassium but low in sodium.

Plant protein is incomplete, which means that you need to add something to make it complete. Combine beans with a whole grain – rice, barley, wheat, corn – to provide the amino acids necessary to form a complete protein. Then you get the same top-quality protein as in meat with just a fraction of the fat.

Studies at the University of Kentucky and in the Netherlands show that eating beans regularly can lower cholesterol levels.

The most common complaint about beans is that they cause gas. Here's how to contain that problem, according to the U.S. Department of Agriculture (USDA): Before cooking, rinse the beans and remove foreign particles, put in a kettle and cover with boiling water, soak for four hours or longer, remove any beans that float to the top, then cook the beans in fresh water.

6. Blueberries

Blueberries are one of the more popular and well-known superfoods, and have been studied frequently by scientists curious about their health properties.

The berries' high concentrations of a group of **antioxidant plant** compounds, especially those called anthocyanins, have been reported to inhibit the growth of cancerous human colon cells, as well as kill them off.⁵

Blueberries are also rich in other antioxidants, which have been shown to prevent and reverse age-related memory decline in rats.⁶

Antioxidants are molecules which protect the cells in the body from harmful free radicals. These free radicals come from sources such as cigarette smoke and alcohol, and are also produced naturally in the body during metabolism. Too many free radicals in the body can result in oxidative stress which, in turn, causes cell damage that can lead to age-related diseases like cancer, diabetes, and heart disease.⁷

7. Pomegranates

The fruit pulp of açai berries has been shown to have potent **antioxidant** properties, although any potential health benefits of this have yet to be confirmed in humans^{8 & 9}.

Studies on pomegranate juice have suggested that it can lower blood pressure in the short-term, as well as reduce oxidative stress, in healthy people^{10 & 11}. These are both significant risk factors for heart disease.

Pomegranate, if taken daily can give strength to bones and prevents osteoarthritis. As we age; our **bone density** can decrease to an alarming level. To prevent and even reverse this damage, consuming

pomegranate or pomegranate extracts might be helpful. When pomegranate is fed to the mothers, even the unborn child is shown to have more calcified bones.

One of the greatest health benefits of pomegranate is that if this fruit is taken daily, it can help in preventing Alzheimer's disease. If the patient is already affected by this disease, then it can be slowed down with this fruit. It also improves the patient's brain and helps to do daily activities properly and more actively.

8. Beetroot

Beetroot has been proposed as a [heart-healthy superfood](#). Its high levels of nitrate are claimed to be converted by the body into nitric oxide which, among other functions, has been shown to lower blood pressure and the tendency for blood clotting in humans.

Drinking beetroot juice increases blood flow to the brain in older people, which may be able to fight the progression of dementia, 2010 study suggested.

Beetroot contains high concentrations of nitrates, which are converted into nitrites by bacteria in the mouth. Nitrites help open blood vessels in the body, increasing blood flow and oxygen to places lacking in oxygen.

9. Cocoa

Cocoa has similarly been claimed to cut the risk of heart disease by lowering [blood pressure](#) and increasing the elasticity of blood vessels.

This is thought to be due to cocoa's high content of compounds called flavonoids^{13 & 14}.

For Your Heart

Cocoa contains over 700 known compounds. And for all we know, there may be many more that remain undiscovered. Of particular interest to scientists are the antioxidant compounds in cocoa.

Antioxidants are compounds that plants manufacture to prevent their own cells from premature destruction due to exposure to heat, light, air, moisture and time. In the human body, many of these compounds prevent reactive oxygen species (ROS) from destroying cells and causing premature aging and disease.

Cocoa is especially rich in polyphenols, a group of protective antioxidant compounds found in many plant foods such as red wine and tea, and which are the subjects of scientific investigation for their beneficial influence on cardiovascular health.

The polyphenols include anthocyanins, isoflavones, flavanones, flavonols, flavanols, and flavones. Of special interest to health researchers are flavanols in cocoa, including flavan-3-ols, catechins, epicatechins and proanthocyanidins. These naturally-occurring substances not only protect the cells of our bodies from premature destruction, but they also help to reduce the risk of killer diseases.

Cardiovascular disease is the primary killer of adults. The polyphenols in cocoa are cardio-protective in two ways. They help to reduce the oxidation of low-density lipoproteins (LDL), or so-called 'bad cholesterol.' Oxidation of LDL is considered a major factor in the promotion of coronary disease, most notably heart attack and stroke. Additionally, polyphenols inhibit blood platelets from clumping

together. This clumping process, called aggregation, leads to atherosclerosis, hardening of the arteries. By inhibiting aggregation, polyphenols reduce the risk of atherosclerosis. Since atherosclerosis is a major killer of American adults, the protection provided by the polyphenols in cocoa is of real value. It can literally mean the difference between life and death.

Thanks to various studies, we have learned that tea, apples, onions, and red wine all help to reduce the risk of cardiovascular disease, due to their content of beneficial antioxidant polyphenols. Yet of all foods known, cocoa has the highest antioxidant polyphenol content, and provides the greatest cardio-protection. In fact, no heart drug, of any kind, comes even close to imparting the heart benefits of cocoa.

Even small amounts of cocoa can reduce cholesterol in the blood, and can lower blood pressure. Even more, regular intake of cocoa has been shown to improve overall function of vein and arteries.

10. Broccoli

Broccoli is America's favorite vegetable, according to a recent poll. No wonder. A cup of cooked broccoli has a mere 44 calories. It delivers a staggering nutritional payload and is considered the number one cancer-fighting vegetable. It has no fat, loads of fiber, cancer fighting chemicals called indoles, carotene, 21 times the RDA of vitamin C and calcium.

When you're buying broccoli, pay attention to the color. The tiny florets should be rich green and free of yellowing. Stems should be firm.

Eating a high amount of cruciferous vegetables has been associated with a lower risk of cancer; namely lung and colon cancer. Studies have suggested that sulforaphane, the sulfur-containing compound that gives

cruciferous [vegetables](#) their bitter bite, is also what gives them their cancer-fighting power.

11. Dried Fruits and Nuts

The dried fruits²⁰ are a good source of various nutrients including various sugars, vital minerals such as potassium, magnesium, phosphorus and iron.

Orange fruits such as dried apricots and papaya are a good source of beta carotene, which, when absorbed by the body, becomes vitamin A.

Nuts²⁰ have a high caloric value, are rich in protein, fat, minerals such as iron, zinc, potassium, magnesium and calcium (although these minerals are not absorbed as well as the same minerals in dairy and meats) and vitamins of the B group. Most nuts are rich in fatty acids, vital to the body and may even be helpful in cases of high blood fat content, if consumed within a balanced diet recommended by a clinical dietitian. An exception is the coconut, which is rich in saturated fats and it is therefore recommended to limit coconut intake. The nuts are a rich, concentrated source of calories, and should therefore not be consumed in large quantities. It is recommended that they be consumed in their natural form, unsalted (to reduce salt intake) and non-roasted. Nuts lose part of their B-group vitamins in the roasting process. It is also recommended that sugared nuts and peanuts be avoided.

Who do the Dried Fruits Help?

Constipation: dried fruits are a good source of dietary fiber and may therefore help people suffering from constipation. Dried prunes, for example, have both a sugar named sorbitol and other ingredients with a laxative effect.

Remember that consumption of dried fruits must be accompanied by drinking large amounts of water!

Caloric Value

In their drying process, the fruits lose a large proportion of their water content. Therefore, most of the nutritional ingredients are highly concentrated, leading to their relatively high caloric value when compared with the same fruits when fresh.

Sugar is sometimes added to these fruits in the drying process.

The following examples refer to a single serving of the fruit (serving size varies from one fruit to another)

Each serving contains 60 calories on average

- 2 dried figs
- 2-3 dates, fresh or dried
- 2-3 dried apricots
- One slice of dried pineapple
- 2 slices of dried apple
- 2 dried prunes
- Medium size carob
- Flat tablespoon of raisins

Nuts - Each serving contains 50 calories on average:

- Almonds - 6 pieces
- Sunflower seeds in the shells - 1 tablespoon
- Pumpkin seeds in the shells - 1 tablespoon
- Roasted peanuts - 10 pieces
- Walnuts - 2 pieces
- Pecan nuts - 4 units

- Cashew nuts - 6 units
- Hazel nuts - 6 units
- Pistachios - 6 units

3.0 SUMMARY & ACTION ITEMS FOR A HEALTHY LIFESTYLE

We hope by now you do realize the importance of taking right type of foods for maintaining a healthy lifestyle. We encourage you to incorporate more [veggies and fruits](#) in your daily diet including superfoods.

When it comes to health, you should not rely on anyone other than yourself and your loved ones. So make a promise to yourself to eat nutritional food every day. You should also encourage other family members so that it becomes a family affair and it gets easier to implement the diet changes.

Even if you take enough veggies and fruits, it is always a good idea to enhance your daily intake of superfoods by adding a **superfoods super greens supplement**.

Last but not the least, we do care for your health and that's the reason why we share so many educational tips, videos and eBooks on health.

4.0 SUPPORTING RESEARCH REFERENCES

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20. http://www.health.gov.il/English/News_and_Events/Spokespersons_Messages/Pages/02022012_1.aspx

5.0 OTHER RESOURCES FOR A HEALTHY LIFESTYLE

1. www.ActivaNaturalsStore.com
2. <https://furiousfitwearstore.com>
3. www.HealthyLifestyleFormula.com
4. www.HealthyLifestyleAcademy.org
5. www.HealthyLifestylePodcast.com
6. www.HealthyLifestyleWebinars.com
7. www.Amazon.com/Shops/ActivaNaturals
8. www.Amazon.com/Shops/FuriousFitwear
9. [Top 11 Foods to Help You Lose Weight](#)
10. [Healthy Meal Planning for Busy Moms in 15 Minutes or Less](#)