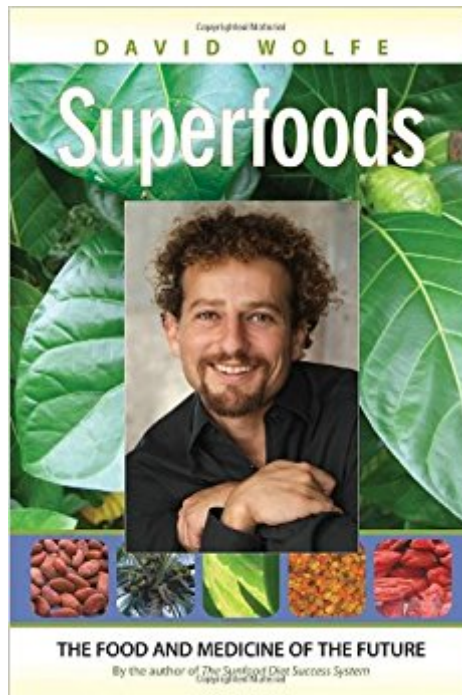




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Superfoods: The Food And Medicine Of The Future



Synopsis

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Customer Reviews

David Wolfe has lived up to his reputation as an encyclopedia of nutritional facts with his new book on superfoods. Why superfoods? The rationale is that the soil, as my own raw food book points out, is vastly depleted of minerals. If you cling to your cooked ways, adding superfoods can bring a huge boost to your health. But even if you eat 100% raw organic, you could have mineral deficiencies (and minerals are more important than vitamins). Quite simply, these foods make for tasty and nutrient-dense treats. I have recently begun combining a raw food diet with calorie restriction for longer life. I view the superfoods as essential because the fewer calories we consume, the more nutritious they need to be. Why take dead vitamin pills when you can get more bioavailable nutrition from these enzyme-rich foods? David presents what he considers the top 10 superfoods, and these are not your every day superfoods. I have a whole shelf dedicated to superfood books, and most authors list items such as wild salmon, pumpkins, blueberries, broccoli and kale. The exotic ones chosen by David include the illegal-to-grow here (hemp seed), the unheard of (marine phytoplankton), the foreign (maca) and the controversial (raw cacao). But as David says in the intro,

"Our nutrition potential has finally caught up to our technology," meaning that we now can learn about and import foods from virtually anywhere in the world. Each chapter, featuring a different super food, includes a section on history, facts and legends of the food; benefits; what to look for (how to determine if the food is high quality); how to use the food, and recipes for the food. There are also great colored photos and boxes with tidbits of information.

From the author of "The Sun Food Diet Success System" author David Wolfe takes us on a global journey to bring us the good the bad and the ugly of our food. The first thing you'll notice about the cover is that the author's picture eclipses the title of the book. Couple that with the myriad of pictures (on many pages) of said author made me ask myself, "Is this Facebook or a book about food?" Within the confines of the 342 pages, each chapter is devoted to a particular superfood. Each chapter also includes the superfood's origin, its place in history, its medicinal purpose, recipes and how to shop for them. The old adage, "You are what you eat" really comes into play with this book. If you think about it, most (if not all) of the superfoods mentioned in this book have been consumed by human beings for centuries. So why aren't most people eating this stuff nowadays? Basically superfoods fall into three subcategories; living raw plant foods, superfoods and superherbs. Take one look around and you will see the result of our fast food diet. More and more human beings have become overweight or obese and have been stricken with diseases that could have been avoided with a better and more nutritious diet. Other topics covered in this book are proteins, minerals, antioxidants, good fats and oils, essential amino acids, glycol nutrients, vitamins, enzymes, co-enzymes, essential fatty acids and polysaccharides. Wolfe asserts that too many of us live in a state of poor health, lethargy and moderate obesity. We live with back pain, headaches, inflammation, arthritis, cancer, skin problems and insomnia - they're the byproducts of our diet. This book is really designed to detoxify your body and boost your immune system.

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