Complementary Blog Post: 5 Reasons Super Foods are Important

Subject: 5 Ways Super Foods Work

{firstname}

Most people have heard a lot about the benefits of super foods, but very few actually understand how they work. If you’re looking to understand more about them before you incorporate them into your diet, below you’ll discover 5 ways super foods work.

1. They aid in the prevention of cancer

One of the benefits of super foods that has been backed by scientific research, is their ability to fight off diseases such as cancer.

Take blueberries for example. They contain high levels of antioxidants, specifically anthocyanins. These have been proven to prevent the growth of cancerous cells in the colon. They also have the potential to eliminate the cells completely.

2. They lower the blood pressure

Some super foods also have the ability to lower the blood pressure. Beetroot is one of the best for this purpose, due to its high levels of nitrate. The nitrate is transformed by the body, into nitric oxide. Not only does this lower the blood pressure, but it can also aid in the prevention of blood clots.

3. They lower the cholesterol

A study carried out on mice discovered that chai seeds can successfully lower cholesterol levels. They also reduced triglycerides which are linked to heart disease.

4. They aid in weight loss

One of the most common reasons people choose to switch to super foods is because of their weight loss benefits. Most super foods are a great weight loss aid due to the low fat, low calorie and high protein and fiber content.

Once you start introducing these foods into your diet, you’ll notice you’re less tired, you feel fuller for longer and you’ll never feel deprived.

5. They reduce your risk of Diabetes

Super foods have also been proven to lower the risk of Diabetes. In particular, when red meat is substituted for raw nuts, it lowers your risk of developing Diabetes by an impressive 35%.

You can find out more about the great health benefits of super foods in this blog featured on our website.

LINK

Overall, super foods work in a lot of different ways. While the term “super foods” may be largely a marketing hype, there’s no denying they come with incredible benefits. After just a week, you’ll start to feel more awake, refreshed and you’ll also start to experience weight loss and general good health.

{Sign off}