

Healthy Inspiration from Integrative Nutrition Coaching



SUPERFOODS! HOW TO FIND THEM AND HOW TO KNOW IF THEY ARE SUPER FOR YOU

The word superfood is food dense in nutrition and possesses mega immune-boosting properties. I define superfood as food that makes me feel fabulous for hours. I did not say when I am eating it, so sorry Rubicon Vegan cupcakes.

When I hear the word superfood, I immediately think of energy, longevity, and Superfood Hunter Darin Olien; I do. Many people have their gut reactions, which opens up the doors of conversations in so many amazing ways.

When you think of your health, knowing what to eat to get the biggest bang for your buck is almost always on the radar, and how to get it. Let's visit superfoods.

Transform
Your
Transition
&
Master
Your
Menopause

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The first thing I notice about any self-proclaimed superfood is that it comes directly from the great outdoors. See, Mother Nature has always had our backs. The word superfood is not scientific or regulated, meaning I can consider food that is not "on the list" a superfood because I feel super for hours after eating it.

Today, many of us have access to food that leads to great health, longevity, and body weight that brings us joy, but many of us lose our way in all the social media and magazine noise. Have an open mind on what you read.



Do they work?

When you exercise moderately, sleep the hours your body needs, hydrate thoroughly, and manage stress, your health and energy will skyrocket when you add nutrient-dense foods.

Eating a cup of blueberries in the morning will not cancel out the meatball sub you had for dinner while sitting on your couch all evening. It is what it is. I did not write that to say that you will not benefit from the blueberries, but I am just saying don't blame the food if you don't get the results you want when your lifestyle and desire contradict.

Some superfoods are whole foods as we know them, such as berries, quinoa, and leafy greens. Others we can add to our whole foods, such as chia seeds, cacao (not cocoa), and maca. You can mix and match them until your heart is content. The idea is consistency. Having chia seeds once a week in your oats may be meh, but three times a week and in a smoothie or two, you have boosted your antioxidant and Omega 3 consumption substantially.

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Are you ready for your list?

I have broken up the list into sections to give you an idea of how you can mix it up. I will also place an "A" next to foods that have been proven to slow the progression of Alzheimer's. Why am I doing this? Because why do we want to live longer if we can't remember why we wanted to live longer.



Amazing berries

Acai
Blackberries (A)
Cranberries

Seeds and nuts

Chia (A)
Walnuts (A)
Almonds (A)

More berries

Strawberries (A)
Blueberries (A)

Fruits

Avocado
Mandarin oranges
Pomegranate

Grains

Quinoa (A)
Buckwheat (A)
Oats (A)

Roots

Garlic
Turmeric (A)
Maca

Veggies

Brussels sprouts (A)
Leafy greens (A)
Purple cauliflower

Lots more

Artichoke hearts
Dark chocolate
Matcha
Moringa leaf
Mushrooms
Honey (pine and buckwheat)
Spirulina

The list goes on, but here is a start. Not all of these foods may be accessible to you, part of your lifestyle, and could cause medical issues if you are sensitive to them.

Before you try any of these suggestions, chat with your doctor. If you know you can eat them, then eat up! This is the only body you get, so treat it like a temple. Also, check out Darin Olien. His work isn't just focused on superfoods; he is an environmental activist and a fellow vegan. He has a great book called *Superlife*, where he talks about superfoods and nutrition from a perspective you don't need a dictionary. So, print out this list and create your own combinations to make your superfood.

About

Integrative Nutrition Coaching

My name is Jennifer Held, and I am in the second part of my life as a solopreneur and owner of INC. I am following my dream to help those lovelies out there who are struggling during their menopause transition.

A decade early, I began experiencing The Transition with debilitating symptoms that led to two life-changing surgeries. I found myself in the moment of menopause at 48 and had zero education on the subject.

I was forced to figure it out on my own. I completed my health coaching certification with the Institute for Integrative Nutrition, taught by well-known doctors such as Mark Hyman, Deepak Chopra, Zach Bush, and Andrew Weil. To balance western medicine, I had the fantastic opportunity to study functional medicine taught by the great pioneer Frank Lipman MD, Susan Blum MD, and Will Cole IFMCP, DNM, DC.

In addition, I became a certified Life Coach, Vegan Health Coach, and Menopause Practitioner. Daily, I continue my education seeking how to help others reach their goals and create harmony in their lives. I love to share what I learn with the world, hence my blog, INC challenges, emails, and free guides. Oh, let's remember the coaching! I encourage you to seek your answers without judgment and find what lights you up daily. I am here if you are ready to have a Health Coach by your side.



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journey with INC?
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www.jenniferheldinc.com

