

Ten Superfoods That Heal The Body & How To Get Them

The recent triumphs of Orovo and other dietary supplements have created quite a buzz online. Those using these supplements have not only reported a loss of weight, but have increased their energy and enhanced the appearance of their skin as well. The main reason for this success comes down to one simple word -- food. Superfoods to be exact. There are ten Superfoods that when consumed on a regular basis can provide dramatic results in appearance and weight loss. It is difficult for many people to locate and pay for these unusual and hard-to-find superfoods. Eating these ten superfoods on a daily basis would be a rigid new way of eating for most people. By taking the premium extracts from these ten superfoods and incorporating them into their dietary supplements, Orovo and other dietary supplements allow their clients to receive the healthy benefits of the ten superfoods without making harsh dietary modifications. The following includes a list of the ten superfoods along with an explanation of their importance:

Acai Fruit The acai fruit from the wetlands in the Amazon rainforest is a superfood containing over ten times the amount of antioxidants contained in red grapes. Possessing fatty acids closely resembling olive oil, acai fruit aids in the efficient digestion of omega-3 fish oils.

Allium Family Foods The allium family of superfoods includes garlic, onions, shallots, chives, and scallions. The flavonoids from these allium family foods help the liver to produce strong antioxidants. The liver works to eliminate toxins from the body, so allium family foods are especially vital in the a detox program.

Barley Sadly, barley is rare in America these days. This grain, high in soluble and insoluble fiber, is a powerhouse. Barley is considered a superfood due to its concentration of soluble fiber that aids the body in metabolizing food and its insoluble fiber that keeps a person regular. These are two vital reasons for digestive tract cancer prevention and healthy weight maintenance.

Beans & Lentils The valuable phytochemicals, fatty acids, and high levels of potassium and folic acid make lentils and beans the perfect addition to Orovo detox. Beans help with weight loss by releasing fiber slowly into the body, controlling blood sugar and glucose levels. Beans are also great for the heart, as studies have proven that when eaten regularly, beans reduce the chances of high cholesterol and heart disease.

Buckwheat The high levels of flavonoids, soluble fiber, minerals, and beneficial fats in buckwheat are included in Orovo dietary supplements. A common staple in Asia and Eastern Europe, buckwheat is a rare addition to the diets of Americans.

Flaxseed Flaxseed is full of plant-derived beneficial omega-3 fatty acids. Flaxseed is extremely healthy and it measures up just as important as salmon for heart health. Omega-3 fatty acids reduce blood pressure, lower cholesterol, and reduced the risk of heart attack.

Green Foods Most Americans do not include the recommended amount of green vegetables in their daily diet. Orovo's detox and dietary supplements are made up of more than just romaine lettuce and spinach. They include the green superfoods of blue-green algae, barley grass, and wheat grass. Proven by numerous studies, these green superfoods helps to prevent the occurrence of cancer, lower cholesterol, reduce blood pressure, and fire up the immune system.

Hot Peppers A widely known benefit of hot peppers is increased metabolism and weight loss. Unknown to many people, hot peppers contain approximately two times the amount of Vitamin C as in citrus fruit. Unfortunately, it is near impossible to eat the amount of hot peppers necessary to reap the benefits. Luckily, Orovo has included an essential concentrated amount this superfood.

Sprouts The elevated levels of Vitamins C, A, E, and K in sprouts, particularly in alfalfa sprouts, qualify it as an ingredient in Orovo dietary supplements. Sprouts also contain the minerals of calcium, potassium, and iron. Some of the most vital benefits of sprouts are the natural antioxidants and living enzymes that fight aging.

Yogurt and Kefir Available for hundreds of years, the products of fermented milk, yogurt and kefir in particular, are an incredible resource of minerals and vitamins. Yogurt is considered a superfood mainly because of the probiotics that it contains. With over five-hundred healthy bacteria strains in our intestines, the probiotics in yogurt assists the intestines in staying healthy and functioning normally. Every day, researchers discover more benefits of these ten superfoods. Since Americans rarely consume these ten superfoods, Orovo dietary supplements include the essential extracts necessary for promoting health.

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