



ANCIENT SUPERFOODS

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Introduction

Diet is the key ingredient to a healthy and happy life, but how do you know which one to follow? Although experts often disagree about different diets, they agree on the benefits of superfoods. ***A superfood is defined as a food filled with many nutrients that are vital to your health.***

Ancient superfoods have been used by many cultures for centuries. They're nutrient-dense and have multiple health benefits.

Superfoods may reduce the risk of cancers, lower blood pressure, help fight inflammation, and do other important tasks in the body. They're powerful tools that can have a big impact on your overall health.

Ancient civilizations cultivated and prepared superfoods on a daily basis. They made superfoods a key part of their diets. Unfortunately, today's society has neglected this practice.

You can learn from ancient cultures and adopt the superfoods they loved. It's possible to incorporate ancient superfoods into your diet today.

The information in this guide can help you dramatically strengthen your health by using superfoods.

“One of the most important distinctions found within these pages is the fact that all foods are not created equal. Some foods are deficient in minerals and key nutrients, while other foods are packed with a powerhouse of valuable nutrients that can change your life, your health, and your body in a truly incredible way.”

-David Wolfe

Kombucha

Kombucha is an ancient superfood that traces its roots to Asia. It's a fermented tea that has grown in popularity in recent years.

This superfood is often called the tea of immortality.

Its multiple health benefits have been noticed by today's society, so you'll find kombucha drinks in many grocery stores.

Learn about kombucha:

1. **How kombucha is made.** Kombucha is made by growing a colony of yeast and healthy bacteria in tea. The culture looks like a flat pancake, and sugar is used to feed it.
 - ▶ The sugar provides a way for the organisms to grow and flourish.
 - ▶ The final product is a fermented tea that has a characteristic taste. It's often described as a mix of sour, sweet, and fruity.

2. **Health benefits of kombucha.** Kombucha has multiple health benefits that range from digestive health to immune support.
 - ▶ ***It has probiotics that are important to digestive health.***
 - ▶ The tea can help balance the digestive system and may help those who suffer from stomach issues.
 - ▶ Kombucha can help boost the immune system. Researchers believe this is tied to its ability to improve gut health. You may notice fewer colds and flus while taking this superfood.
 - ▶ It also gives you energy because of high B vitamin levels.
3. ***Shopping and other advice.*** Before you start drinking kombucha, you may want to discuss it with your doctor or dietician.
 - ▶ Kombucha is a powerful superfood, so it's important to ensure your doctor approves of its use. Discuss your diet plans before you shop for or try this fermented tea.

- ▶ **Drink kombucha in moderation because of its powerful effects.**
- ▶ You may be able to find kombucha at your favorite health food store. Many grocery store chains are also carrying this fermented tea.
- ▶ Brands that use live cultures are better for your health.
- ▶ **You can make your own kombucha at home by growing a culture. However, it's important to grow it carefully and avoid mold.** You may want to begin by shopping for a good starter culture.

Kombucha is easy to add to your diet. Look for it the next time you go shopping.

"Tea. There is nothing saner than tea, he thought. . . . Tea was the great leveler. It brought calm, quiet, contentment, warmth. And it was something to do. . . . He understood completely the attraction of ceremonies grounded in the ritual of drinking tea. It required both caution and abandonment of the senses."

- Thea Devine

Acai Berries

Acai berries are a popular superfood used for centuries. Originally found in the Amazon, they have now spread around the world to many countries.

Acai is known for its antioxidant powers and other health benefits.

In recent years, this ancient superfood has been rediscovered and incorporated into many beverages and foods. Today, you can find acai juice, jams, and other foods.

Discover acai berries:

1. **What is acai?** Acai is a berry that has a deep purple and blue color. It grows on large palm trees that can be harvested.
 - ▶ Acai can be turned into pills, juices, or other products.
 - ▶ The pulp of the berries can be used for many food and drink items. You can see a variety of products at local stores.

2. **Health benefits of acai.** Acai has multiple health benefits because of its high level of antioxidants.
 - ▶ Acai berries may help you lose weight, but researchers are still studying this benefit. Experts suggest proceeding with caution if you want to lose weight with these berries.
 - ▶ ***These berries have antioxidants that may augment heart health, boost the immune system, lower cholesterol, help circulation, and enhance the appearance of the skin.***
 - ▶ They may also reduce the risk of cancers by helping to destroy tumor cells.
 - ▶ Acai also gives you an energy boost, thanks to its high nutrient and vitamin levels.

3. **How to add acai berries to your diet.** One of the easiest ways to add acai berries is to drink juice made from them. In addition to juice, you can find capsules and pills that have the berries.
 - ▶ You can make your own smoothies by using the berries. You can add acai berries to oatmeal or porridge.

- ▶ You can also find jams, jellies, ice cream, sorbets, and iced teas that have acai berries.

Acai is a powerful berry that is easy to add to your diet.

"I start off my morning with an Acai berry smoothie. I blend the Acai berries with kefir, blueberries, protein powder and peanut butter. I like this first thing in the morning because it's light on my stomach."

- Charity Shea

Kimchi

Kimchi is a superfood with roots in Korea. It has also grown in popularity today, so you can easily find jars and containers of kimchi at your grocery store.

Kimchi is fermented and spicy cabbage in a pickled form.

It's a superfood thanks to its high nutrient levels and probiotics. It also has multiple health benefits and has been eaten in Asia for centuries.

All about kimchi:

1. **What is kimchi?** Kimchi is made by fermenting raw vegetables. Kimchi usually includes fermented cabbage, carrots, ginger, radishes, chili powder, salt, and other spices.
 - ▶ Cabbage is the most popular ingredient in kimchi. However, you may see other vegetables added to it.
 - ▶ The fermenting liquid often includes ginger, spices and garlic.

- ▶ It's often compared to sauerkraut, but kimchi is spicier and bolder. Kimchi has become a popular addition to many dishes because of its flavor.
2. **Health benefits of kimchi.** One of the biggest benefits of eating kimchi is better digestive health. The fermented mixture has probiotics that contain essential bacteria for gut health.
- ▶ ***Kimchi may lower blood pressure, make your heart healthier, reduce the risk of cancers, augment brain function, strengthen the immune system, and fight obesity.***
 - ▶ Kimchi has multiple vitamins, including vitamins C and A.
3. **How to find kimchi.** Kimchi used to be limited to Asian markets, but its popularity means you can find it in many grocery stores today.
- ▶ Kimchi tends to be stored in the refrigerated section of stores.
 - ▶ ***You can find a variety of brands of kimchi, or you can make your own.*** If you decide to make your own kimchi, you'll need to start with brine and

ferment it with the cabbages. Salt is an essential part of the process.

Kimchi can help spice up your diet while adding healthy vegetables.

“To ferment your own food is to lodge a small but eloquent protest - on behalf of the senses and the microbes - against the homogenization of flavors and food experiences now rolling like a great, undifferentiated lawn across the globe. . . . [Y]our pale ale or sourdough bread or kimchi is going to taste nothing like mine or anyone else's.”

- Michael Pollan

Chia Seeds

Chia seeds are a superfood with roots in several ancient civilizations. Both the Mayans and the Aztecs used the seeds on a regular basis.

Chia seeds were used by ancient cultures in multiple ways, including medicine.

This superfood was often mixed with other ingredients to create a powerful drink. Ancient civilizations also ground chia to make flour, so they could use it in food.

Learn more about these healthy seeds:

1. **What are chia seeds?** They are small seeds found inside a plant that is part of the mint family. They're black and white in color with an oval shape. They're usually available in whole or ground form.
 - ▶ They have a nutty flavor that is easy to tolerate.
 - ▶ Chia seeds are used in multiple dishes and drinks because they're versatile. They're easy to blend into a smoothie or sprinkle on top of oatmeal.

2. **Health benefits of chia seeds.** *These superfood seeds have high levels of protein and omega-3s packed into tiny seeds.*
 - ▶ Chia seeds also have calcium, zinc, fiber, antioxidants, and other nutrients.
 - ▶ ***Chia seeds may help control blood sugar levels, reduce cholesterol, strengthen the immune system, enhance brain function, contribute to heart health, and reduce inflammation.***
 - ▶ They may also help you lose weight.
3. **How to add chia seeds to your diet.** Grocery stores tend to sell whole chia seeds, but you can also find ground chia or do the grinding in your own kitchen.
 - ▶ Whole chia seeds can be sprinkled on oatmeal, porridge, salads, soups, yogurt, puddings, and other dishes.
 - ▶ Add chia seeds to smoothies and drinks. It's easy to throw them into a blender and make a superfood shake.

- ▶ You can find chia seeds in protein bars and other nutritious snacks.
 - ▶ Ground chia seeds can be turned into flour for baking and cooking.
4. **Storage advice. *Chia seeds need to be stored in strong containers that protect them from the air and sun.***
Otherwise, you might end up with rancid seeds.
- ▶ You can also grind chia seeds ahead of time and store the flour in safe containers for later use.

Chia seeds are very versatile can be added to your diet in a variety of ways. Enjoy them every day whole, ground up, or as flour, and reap the health benefits.

“In terms of nutritional content, a tablespoon of chia is like a smoothie made from salmon, spinach, and human growth hormone. As tiny as those seeds are, they’re superpacked with Omega-3s, protein, calcium, iron, zinc, fiber and antioxidants.”

- Monica Van Zandt

Mulberries

Mulberries look like blackberries, and they're a popular superfood that grows in many locations. These berries can range in color from white to red. You can also find mulberries that are darker purple.

This superfood is sweet, so it continues to grow in popularity.

In ancient Asian civilizations, mulberries were grown and used for medicinal purposes. Today, you can find mulberries in jams, juices, and many other foods.

Find out more about this healthy, sweet treat:

1. **Mulberry background and information.** Mulberries grow on trees, but there are multiple cultivated forms of this berry.
 - ▶ They can vary widely in color and may be different sizes.
 - ▶ Mulberries are consumed in both fresh and dried forms. They're often mixed with other berries for a bigger superfood boost.

2. **Health benefits of mulberries.** Mulberries have potassium, calcium, and iron that are essential for health. ***These little nuggets of sweetness are low in fat and have high levels of antioxidants.*** Dried mulberries are packed with protein.
 - ▶ Mulberries may help the immune system, reduce inflammation, strengthen cardiovascular health, enhance circulation in the body, increase brain function, and reduce cholesterol.
 - ▶ This superfood may also help fight tumors and reduce cancer risk.

3. **How to add mulberries to your diet.** Enjoy fresh or dried mulberries as a snack. You can also add them to a variety of desserts.
 - ▶ Mulberry jams and jellies provide a superfood boost and delicious treat. They're popular additions in pies and tarts.
 - ▶ Mulberries can also be added to fruit salads and to your recipes for muffins or breads.
 - ▶ This superfood can be added to pancakes or oatmeal. It can also be used in smoothies and

other drinks. Dried mulberries can be added to granola for a healthy trail mix.

4. **Selection and storage tips.** Dried mulberries can be kept for a while, but fresh mulberries, like any fruit, can spoil quickly. You either have to use them immediately or store them in the refrigerator.

- ▶ ***It's important to select ripe mulberries for the maximum health benefits.*** Ripe berries will be dark and should be soft. Juice should easily come out of ripe berries and stain your fingers.

Mulberries are a superfood that is easy to find and add to today's diets.

"It's bizarre that the produce manager is more important to my children's health than the pediatrician."

-Meryl Streep

Goji Berries

Goji berries, also called wolf berries, trace their roots to Asia and have been grown for thousands of years. Goji berries were popular in ancient Asian medicines and were often used in China.

They were used by ancient cultures to provide strength and increase longevity. One ancient legend stated that an herbal master was able to live for more than 200 years because of the berries.

Learn more about goji berries:

1. **What are goji berries?** They're red berries that grow on shrubs and can survive cold temperatures.
 - ▶ They're often dried and used to make juices and other items. Goji berries that are dried are chewy and can be eaten or added to other dishes. They have a bit of a bitter taste that is similar to cranberries.
2. **Health benefits of goji berries.** These superfood berries have multiple health benefits, thanks to a high antioxidant level. They're also packed with vitamins

and nutrients vital for energy, good health, and well-being.

- ▶ These berries have high levels of iron and vitamin C. ***They actually have more iron than can be found in meat. They also have more vitamin C than can be found in a typical orange.***
 - ▶ Goji berries also contain vitamin E and beta-carotene.
3. **How to add goji berries to your diet.** Goji berries can be eaten as a snack or added to cereals, oatmeal, granola, or porridge. You can also add them to smoothies and shakes.
- ▶ You can also use goji berries as a berry substitute in your favorite desserts.

Goji berries can be a fun addition to your diet while providing essential nutrients.

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

-Thomas Edison

Lucuma Fruit

Lucuma fruit is not as well known as acai or other foods. However, it's also a powerful fruit with many health benefits.

This fruit can be traced back to South America. It has been used for centuries by ancient civilizations and incorporated into their diets. You can even see the lucuma fruit in Incan art.

Lucuma fruit has been compared to apples because it was treated like this common staple in the diets of ancient civilizations. It has a long growing season, so it can be enjoyed throughout most of the year.

Discover more about lucuma fruit:

1. **What is lucuma fruit?** The outside of the fruit is green and round while the inside is orange. Inside the fruit, you will see a large seed. It resembles the type of large seed you see inside an avocado. However, lucuma doesn't taste like an avocado. It's sweet and has tangy qualities.

- ▶ It has a smooth and creamy texture on the inside. The fruit is easy to eat, and the sweetness makes it a fun dessert.
2. **Health benefits of lucuma fruit.** Because of its orange color, you know it's packed with a lot of beta-carotene. It also has high levels of B vitamins that you need for your health and antioxidants to fight free radicals and reduce the risk of cancer. Lucuma fruit strengthens the immune system and helps heal wounds. The Incas used the fruit in medicines.
- ▶ Although it has a sweet taste, this fruit doesn't raise blood sugar levels to dangerous stages.
 - ▶ ***The fruit is easy to digest, so you might be able to eat lucuma fruit even if you have trouble with other types of fruits.*** Today, lucuma fruit is often offered to babies because of its easy digestive properties.
3. **How to add lucuma fruit to your diet.** Although it's easy to find in Peru, lucuma fruit is more difficult to access in other parts of the world.
- ▶ Your local chain grocery store probably won't have lucuma fruit next to the apples. However,

you may be able to find it in stores that sell exotic produce and natural products. You can also order lucuma powder and other forms of the fruit online.

- ▶ Lucuma is often sold as a powder because this makes it last longer, and it's easier to use. **You can use lucuma powder as a substitute for sugar in many recipes. The low glycemic levels make it a good alternative.**
- ▶ You can add this superfood powder to shakes and smoothies.
- ▶ If you can find the whole fruit, you can eat it raw. You can also process the fruit and make a pulp to add to your fruit recipes.

Lucuma fruit is known as Incan Gold, and its superfood properties are powerful.

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.”

-Mike Adams

Spirulina

Spirulina is a different type of superfood, and it continues to grow in popularity. It's not a fruit, vegetable, or nut. ***Instead, it's blue-green algae that have been used for centuries.*** It has densely-packed nutrients that provide multiple health benefits.

Spirulina was popular among the Aztecs because of its health properties.

Learn about spirulina:

1. **What is spirulina?** Spirulina is blue-green algae that grow in water such as ponds and lakes. Spirulina is considered a primitive life form and has been around for many centuries. It's a simple, one-celled organism.
2. **Health benefits of spirulina.** Spirulina has a high protein level that rivals meat. It contains iron and multiple B vitamins that boost your energy, along with essential calcium.
 - ▶ ***Spirulina encourages the growth of probiotics and helps digestion. It also helps fight allergy symptoms, boosts the immune system, detoxifies***

the body, reduces the risk of cancer, and helps fight infections.

- 3. How to add spirulina to your diet.** Spirulina is usually sold in powder, pill, or flake form.
 - ▶ You can add this superfood to shakes and smoothies, mix it into soups, broths and stews, or sprinkle it on salads and other meals.

Spirulina may be a simple organism, but its healing properties are complex.

“[T]he life of the planet began the long, slow process of modulating and regulating the physical conditions of the planet. The oxygen in today's atmosphere is almost entirely the result of photosynthetic living, which had its start with the appearance of blue-green algae among the microorganisms.”

-Lewis Thomas

Maca

Maca is a superfood from Peru. The root of the maca was used by ancient civilizations as food and medicine.

Maca resembles a turnip, and its root has powerful healing properties. It has been used for centuries because of its ability to boost energy. It also has other healing abilities that are currently being researched.

Find out more about maca:

1. **What is maca?** Maca is a plant that grows high in the mountains of Peru. It's similar to a potato, but it has a different taste. Maca most often is compared to turnips and radishes. Its colorful root may be red, black, or yellow, and is harvested and dried for the powerful health benefits.
2. **Health benefits of maca root.** Long-valued for its energy-boosting properties, maca root has high levels of B vitamins, iron, zinc, calcium, and others.
 - ▶ ***It may give you more energy, improve your libido, decrease symptoms of PMS, help menopausal symptoms, and boost the immune system.***

- ▶ Maca may also help balance hormones and improve fertility.
3. **How to add maca root to your diet.** Your grocery store probably doesn't have fresh maca root for sale, but you can find it in other forms. Maca can be found in many health food stores and online retailers. It's usually sold in powder, pill, capsule, or liquid extracts.
- ▶ Maca has a mild, sweet flavor that makes it easy to add and blend to multiple recipes. You can add the powder to a variety of drinks and foods. Try mixing it with soups, stews, salads, smoothies, and shakes.

Maca is still a popular product in Peru, and it's spreading around the world.

"Let food be thy medicine, and medicine thy food."

-Hippocrates

Ginseng

Ginseng differs from the other superfoods because it's an herb. This popular root has been used in Asia for centuries. Ginseng has many healing properties that the ancient civilizations recognized.

In fact, its scientific name, *Panax*, means "all-healing."

Learn about ginseng:

1. **What is ginseng?** Ginseng is a root that looks similar to a human, with multiple legs and arms. More than one variety of ginseng exists, and it can be grown in different parts of the world. The roots can be dried in the sun, or other methods can be used to prepare it.
2. **Health benefits of ginseng. *Ginseng has many recognized health benefits:***
 - ▶ Enhanced healing, down to the cellular level
 - ▶ Gives you energy
 - ▶ Fights stress
 - ▶ Strengthens the immune system

- ▶ May help fight tumors and reduce the risk of cancer
- ▶ Possible positive effect on the adrenal glands
- ▶ May heighten the libido
- ▶ Helps in losing weight
- ▶ Reduces anxiety
- ▶ Builds muscle
- ▶ May lessen diabetes symptoms

3. **How to add ginseng to your diet.** Look for fresh ginseng in your grocery or health food store.

- ▶ Fresh ginseng is in the produce section of many grocery stores.
- ▶ You can also find ginseng root slices, pieces, or powders. These may be in bottles or other packages.
- ▶ Ginseng is also sold as an extract or mixed with other herbs.

- ▶ You can use the fresh root in multiple dishes, such as smoothies, shakes, stews, salads, soups, stir fry, and more.

Ginseng is a powerful root that has been recognized for centuries because of its healing abilities.

"The effect that diet can have on how you feel today and in the future is astounding. Even people who are healthy can make a few tweaks and the impact will be amazing. I'd say that 50% to 70% of suffering could be eliminated by what people eat and how they move: heart disease, diabetes, cancer, hypertension can all be impacted."

-Elizabeth Somer

Conclusion

Ancient superfoods have been used by many civilizations for centuries because they provide multiple benefits. These superfoods combine a large amount of nutrients, minerals, vitamins, and other healing parts into a small package.

Before you add these ancient superfoods to your diet, you may want to consult with your doctor. These superfoods are powerful and may interfere with some medications. In addition, you want to be aware of your allergies and reactions to new foods. It's always a good idea to proceed with caution when trying a new food.

The fact that these foods are healthy doesn't mean that they don't taste good! You can start enjoying their flavors and health benefits today by including a variety of superfoods in different ways to your drinks, snacks, and meals. ***To make it easy, just work them in one by one.***

A little extra effort will go a long way towards strengthening your health, both today with their immediate benefits and in the future.

Live long and enjoy the journey!