



SUPERFOODS

THE 33 BEST FOODS FOR YOUR HEALTH

With Which Power Foods You Live
Fit And Healthy

JET TILA

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Author: Jet Tila

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Foreword

The relationship between nutrition and health has been scientifically proven.

A healthy diet reduces the risk of developing cardiovascular diseases, diabetes, cancer, metabolic syndrome and many other diseases and increases the chances of survival and recovery in the event of an illness.

So it's worth taking a closer look at what we eat every day.

In this book you will find out which foods you can use to protect your health and stay fit, slim and healthy.

You will be surprised what an impressive effect there is in apparently everyday foods!

The 25 Biggest Risk Factors For Your Health

In 2010, the WHO examined the greatest risk factors for permanent disabilities, irreversible diseases and deaths worldwide as part of the “Global burden of disease (GBD)” study. The results were published in 2012.

The world's 25 biggest risk factors for health at a glance:

1. High blood pressure
2. Smoking and passive smoking
3. Alcohol
4. Air pollution in the household
5. A diet with little fruit
6. Overweight

7. High blood sugar level
8. Underweight as a child
9. Fine dust
10. Little exercise
11. Salty diet
12. Diet with few nuts and seeds
13. Iron deficiency
14. Incorrect breast feeding as an infant
15. High cholesterol
16. Low whole grain diet
17. Low vegetable diet
18. A diet low in omega-3 fatty acids is
19. Drugs
20. Injuries
21. Back pain
22. Diet high in processed meat products
23. Domestic violence
24. Low fiber diet
25. Lead poisoning
26. Poor hygiene
27. Vitamin A deficiency

28. Zinc deficiency

29. Poor Water supply

(Source: GBD 2010 press conference from Institute for Health Metrics and Evaluation - University of Washington, <http://www.healthdata.org/presentation/rapid-health-transitions-lessons-global-burden-disease-injuries-and-risk-factors-2010>)

Are you surprised by these results? I have to admit that I was quite shocked by this list. The greatest danger to life and limb around the world is not malnutrition, fatal diseases or traffic accidents - but high blood pressure, cigarettes and alcohol! And if you've studied the list carefully, you'll see that at least 17 of the top 25 global health risks are related to or influenced by diet. $\frac{3}{4}$ of all risk factors are therefore diet-related! That should make us think. And it should remind us of the importance of eating healthy.

What is healthy eating?

Proper nutrition provides the body with important substances that it needs to maintain all of its functions. At the same time, a healthy diet contains substances that protect against negative influences.

Hippocrates was of the opinion: "Food should be our medicine". And he was right about that. Because there are actually foods that not only provide the body with all the important nutrients, but also demonstrably support it in protecting itself, e.g. from bacteria, viruses and fungi, from cell degeneration, signs of aging, environmental toxins and much more.

You are probably already familiar with many of these foods without knowing their amazing abilities. Most people are amazed when they find out that they don't need complicated dietary supplements and certainly no artificial preparations to feel completely healthy - but that many natural foods are full of vital substances that have incredible health-promoting potential.

This book contains only dietary recommendations, the effectiveness of which has been proven based on current research.

The individual foods in this eBook contain an above-average level of nutrients and a mix of vital substances, each of which has particularly positive properties. Be it due to certain vitamins or mineral combinations, due to special plant ingredients or high-quality micronutrients - the foods presented here have been selected so that you can use them to consume vital substances far beyond the "normal" level.

You will see that instead of complicated recipes, individual foods are suggested to you. How you combine them, whether you want to consume them raw or cooked, is entirely up to you. Because with all the concern for your health, it is important that you eat with pleasure. You have to like it and tolerate the food. So choose what you like from the foods listed here. Try what you don't already know, vary the preparation. If you supplement your menu with the foods mentioned here as often as possible, you will optimally supply your body with important nutrients, lay the best foundation for fitness, health and beauty and at the same time create effective protection against numerous diseases.

For inspiration on what healthy meals can look like, you will find a small bonus at the end of this book: [An excerpt from the cookbook "Slim & healthy with low carb"](#). In this cookbook, which is primarily aimed at people who live healthily and want to watch their weight, you will find recipes that mainly consist of power foods. Just click into it.

What happens when there is a lack of nutrients?

It has long been known that substances from the environment or metabolic products from one's own body can cause diseases. But the lack of certain substances in the diet can also significantly increase the risk of

illness.

Because if important nutrients are missing, the body is unable to carry out its normal defense mechanisms, build cells properly or maintain important functions.

Imagine playing Scrabble. You have enough of all letters that you could put a few words together - only the vowels are too few. So even though you're actually only missing a letter or two, you can't get the word you want.

Your body is exactly the same when a building block is missing. No matter how much of the other components there may be - if one or the other substance is missing, your body cannot work properly. For example, it cannot put together the proteins necessary to build cells or there is a lack of messenger substances that transmit information in the body. So make sure that all the necessary nutrients are always available. Almost all known vitamins, tooth-rich minerals and trace elements, but also some amino acids and fats, are particularly important.

Can food actively protect against disease?

Your cells are under stress! They are constantly attacked by intruders, environmental toxins and their own metabolic products. Your immune system works hard to protect your cells.

So it is important to support this by providing protective substances in sufficient quantities. These protective substances are mainly antioxidants, the so-called secondary plant substances, as well as certain vitamins, minerals and trace elements. They are particularly effective when they are in an optimal ratio to one another. Because the ratio of the respective protective substances to each other can ensure that their effects mutually intensify each other enormously.

So it is the interaction of the individual protective substances that matters. Incidentally, this is also the reason why food supplements in which

only a few vital substances are isolated are much less effective than natural bioactive substances ingested through food. An important effect of these substances is that they protect the cells and thereby prevent damage to the cells and the genetic material (DNA).

In the foods presented here, the ratio of the respective active ingredients to one another is particularly good, so that they are more than the sum of their ingredients, so to speak.

For example, we know that calcium is better absorbed by the body when the trace element boron is available at the same time or that the plant substance beta carotene is used much better if vitamin E is also present, etc. All of the foods presented here meet the criteria in their composition to be of particularly high quality and thus to have a particularly intense effect.

33 foods for your health

The special effect of the foods presented here is based on the interaction of their ingredients. The ratio of the respective bioactive substances to each other ensures that they are optimally absorbed and that their positive effect is considerably stronger than in other foods.

This extreme effectiveness and the easy availability of the food were basic requirements for being included in the list of these valuable foods.

So here they are: The top 33 power foods for your health:

Apples

Over 300 bioactive substances protect the heart and blood vessels. Vitamins and minerals provide the body with essential building blocks.

The favorite fruit of the Germans contains no less than 300 organic substances and essential oils. But only 54 kilocalories per hundred grams, which means that apples are healthy and low in calories.

The skin and pulp contain many minerals (e.g. potassium, magnesium, iron, phosphorus) and secondary plant substances, which among other things reduce the risk of cancer and prevent heart attacks and hardening of the arteries. Another big plus point that speaks for the apple is its fiber, such as pectin. Dietary fiber stimulates digestion and at the same time lowers the cholesterol level. They are also responsible for ensuring that apples keep you full for a long time and after eating apples the risk of food cravings decreases.

Australian researchers were even able to prove that apples, with their high content of flavonoids, help protect the heart and blood vessels. The researchers found that eating apples relaxes the blood vessels. This was caused by a rising nitric oxide level in the blood. Nitric oxide is responsible for the relaxation of the blood vessels and thereby lowers the risk of high

blood pressure and heart disease. By the way, the apple variety with the highest flavonoid content is the Pink Lady variety.

Apples should be eaten with their skin on, as this is where most of the nutrients reside. However, thorough washing is essential beforehand. This is especially true for conventionally grown apples, which are often provided with waxes immediately after harvesting to protect against pest infestation during transport and storage.

Organically and regionally grown apples are definitely the better choice. Apples from the region are only harvested when they are ripe and therefore have the highest content of vitamins and valuable plant substances.

Apples can be stored for a long time, but they should not be stored with other fruits: Apples give off a gas that causes other fruits to ripen and spoil more quickly.

Hardly any other fruit is as versatile as the apple. It can be eaten raw and is excellent in fruit salads, muesli or on its own. It is also popular as a baking ingredient, as a porridge and compote, as well as juice and wine. However, do eat an apple very raw and pure more often: it cleans, cares for and massages teeth and gums.

Did you know that supermarkets only ever sell the same seven types of apples? The variety is huge. There are around 3,000 apple varieties in Germany alone. Worldwide there are as many as 8,000.

kiwi

Vitamin C and zinc support the immune system, salicylic acid and enzymes that break down protein, have anti-inflammatory, antimicrobial and analgesic effects.

With 80 to 120 mg of vitamin C per 100 g, the kiwi is a true vitamin C miracle. Just one or two kiwis a day cover an adult's daily requirement for this vitamin. In addition, there are B and E vitamins, the former are especially good for nerve functions, the latter are known as antioxidants with a strong cell protective effect.

The minerals phosphorus, magnesium, potassium, calcium, zinc and iron increase the positive effect. While magnesium is important for muscles, potassium is a gentle drainage agent. Zinc boosts the immune system and, among other things, helps prevent cravings. Iron is important for blood formation and the transport of oxygen in the body. It thus ensures that we feel

fit and productive.

The kiwi also contains actinidin, an enzyme that breaks down protein. This enzyme contains antimicrobial properties and is believed to aid digestion. Kiwi also contains the amino acid arginine. It widens the blood vessels so that the blood can circulate better. In this way, the body is better supplied with oxygen and performance is maintained. All in all, the kiwi is a fruit that makes you resilient, increases productivity and thus has a supportive effect, especially in phases of stress, exertion or diet.

In addition, the kiwi contains the same active ingredient that is also contained in the aspirin tablet, for example. Salicylic acid. This has a strong anti-inflammatory effect. In addition, salicylic acid is an effective means of relieving pain, especially in combination with vitamin C. A kiwi can therefore replace a tablet for headaches.

What is less well known is that in addition to the many vitamins and minerals, valuable fiber and omega-3 fatty acids are found in the pulp. And all of this with only about 43 kilocalories per 100g.

Kiwis are popular in Germany and are available all year round. They are sold in different degrees of maturity. You should avoid overripe kiwis. They don't taste that good and have fewer vitamins. You can recognize overripe fruits by the fact that they give way when pressed with the thumb.

Kiwis taste raw, the peel can be eaten with organic fruits. Typical kiwi recipes are kiwi jam, punch or cake. Please make sure, however, that raw kiwi fruit curdle milk products with their actinidine enzyme and prevent gelatine from setting.

Caution: If you have a kiwi allergy, it is better to completely avoid kiwi fruit. A kiwi allergy is often accompanied by a cross allergy to papaya or pineapple, so caution is advised here too.

Did you know? The fruit known as "Chinese gooseberry" was only introduced to New Zealand in 1904. In 1952, the export began from New Zealand to England, where the fruit was very well received, so that exports all over the world soon began. In 1959 the Londoners gave it the name "Kiwi", at that time colloquial for things from New Zealand (based on the

national bird of the New Zealanders, the kiwi).

lemon

Vitamin C strengthens the immune system, essential oils kill viruses and bacteria. The scent puts you in a good mood.

The yellow citrus fruit is rich in vitamin C. That is certainly no surprise, because this fact has made the lemon almost famous. In addition, there are antioxidants, an antibacterial effect and valuable essential oils.

The basic properties of lemon help fight viruses and bacteria, while natural enzymes aid digestion and stimulate the metabolism. According to new studies, the citrates can prevent kidney stones.

Thanks to this combination, the lemon is particularly popular during the cold season: it stimulates the immune system and at the same time relieves infections, for example in the throat and pharynx.

But the fruit is also popular in beauty care: pure lemon juice contains enzymes that support the formation of the body's own collagens. Applied to the skin, the juice acts like a peeling that removes dead skin. It is also popular as a lightener for skin and hair. The disinfecting effect supports the healing of pimples and protects against new skin impurities. Last but not least, the scent of lemon is also popular. It has a mood-enhancing effect and is intended to stimulate concentration.

You can buy lemons in the supermarket all year round. To be on the safe side, you should use organically grown fruits. Conventional lemons are often contaminated with pesticides. Then you can safely use the bowl, which is full of essential oils.

Did you know that the lemon as we know it today is very likely a cross between the lemon orange and the bitter orange and has been cultivated for over 1,000 years?

Berry

Plant substances ward off free radicals, protect against cancer, improve visual performance and have an antibiotic effect. Salicylic acid has an analgesic and blood-thinning effect.

All berries have something in common: they are low in calories, but particularly rich in vitamin C, iron and secondary plant substances. They contain a lot of fiber that will keep you full for a long time. The plant substances in the berries are produced by the plants in order to protect them from UV radiation. And in the human body, it is precisely these ingredients that help fight off free radicals. They therefore protect against cell damage and even cancer. The plant substances also stabilize the insulin level and, in combination with iron and vitamin C, have a blood-forming effect. They also have the ability to inhibit the growth of pathogens in the intestine. The raspberry in particular is known for this effect.

Most berries have an antibiotic, dehydrating and slightly laxative effect due to their diverse ingredients; they stimulate the immune system's metabolism. The abundant biotin content ensures healthy skin and hair. The fruits can even lighten the mood by activating the production of the messenger substance serotonin. They have an analgesic effect because they contain the active ingredient salicylic acid - the same active ingredient as

some painkillers. Cranberries and lingonberries are particularly rich in salicylic acid. Salicylic acid has anti-inflammatory effects and is so effective in preventing cancer that scientists advise people over the age of 45 to consume around 75 mg of salicylic acid per day.

The berries also contain another substance that is valued in cancer prevention: resveratrol. Resveratrol has an anti-cancer effect in the human body by inhibiting a protein that is crucial for the survival of cancer cells. Studies have also shown the positive effects of resveratrol on arteriosclerosis, heart disease, arthritis and Alzheimer's disease.

Incidentally, the deep blue color of the blueberry comes from very special plant pigments, the anthocyanins. They protect the berries from the sun's short-wave UV light and thus prevent damage to cells and DNA. These substances also have a similar effect in the human body. In addition, anthocyanins support eyesight, especially with regard to sharpness and vision in the dark.

Lingonberries and cranberries have a particular effect: the berries contain proanthocyanins. The plant forms these substances in order to protect itself from predators. In the human body they have an antioxidant effect on the one hand, and an anti-inflammatory effect on the other. The effect against Alzheimer's has also been proven. The abundant vitamin C, as well as other contained plant substances such as taxifolin, rutin, and other bioflavonoids strengthen this effect.

In addition, both berries are used for urinary tract complaints, such as bladder infections. The reason: It has now been scientifically proven that consuming cranberries and lingonberries increases the salicylic acid content in urine and plasma. If the salicylic acid is excreted again, the urine becomes acidic, which inhibits the multiplication of germs in the bladder.

This effect is supported by the fact that berries increase the water washout and thus germs are excreted more quickly. If the berries are supplied in the form of juice, the body can absorb the medicinally active components most effectively. In the case of acute bladder infections or a tendency to urinary tract infections, you can accelerate the healing process with 50ml - 200ml cranberry juice daily or prevent new infections. Around 50ml is sufficient for

daily health care.

The combination of the active ingredients makes the berries real power fruits, which you should have in abundance.

Peaches and apricots

Peaches and apricots make you beautiful and protect against cancer.

Apricots and peaches are low in calories: only about 40 kilocalories per 100g. But they are power fruits, because both types of fruit contain vitamins B1, B2 and C as well as minerals such as calcium, potassium and

phosphorus.

The fruits are also particularly rich in beta carotene. Beta carotene is a secondary plant substance and is converted into vitamin A in the body. Both substances, the original beta carotene and vitamin A, are very healthy:

Studies show that beta carotene in food can have a cancer-inhibiting effect, for example on breast, lung, prostate and gastrointestinal cancer. Beta carotene is an excellent free radical scavenger, it increases the activity of the immune cells and the number of the body's own killer cells. In this way, it prevents the development of inflammatory processes and cell damage.

Vitamin A inhibits the degeneration of healthy cells and supports the regression of cancerous cells. It particularly protects the skin and mucous membranes. In the case of some types of cancer, therefore, high-dose vitamin A is used in conjunction with drug therapy, as it can reduce the damage caused by chemotherapy and radiation therapy to healthy cells. Vitamin A acts like a protective shield for the skin, it can even protect against damage caused by UV radiation.

Vitamin A also supports vision and protects against night blindness and age-related degeneration of the eyes. The substance supports the texture of the skin and can have a positive effect on both dry and oily skin.

Unfortunately, the body cannot produce beta carotene and vitamin A itself, but is dependent on food intake. The conversion of beta carotene into vitamin A only works in conjunction with fat. However, just a few drops are enough to enable recording. Vitamin E also supports the absorption of beta carotene - which in turn is also contained in peaches and apricots. The fruit therefore provides an optimal combination of active ingredients.

Another advantage that speaks for apricots and peaches is their high fiber content. The fruits have a slightly laxative effect. This means that harmful substances stay in the body for a shorter time and can cause less damage.

Peaches and apricots are available in supermarkets all year round. Look out for ripe fruits that exude a sweet scent and have plump, intact skin. You can store ripe apricots and peaches in the refrigerator for up to a week. By the way: Since beta carotene is relatively heat-resistant, it is also contained in

large quantities in peach and apricot jam, tinned or compote.

mango

The cocktail of folic acid, lycopene, beta carotene and vitamin A protects the skin and makes it beautiful. The sweet fruits only bring 60 kilocalories per 100g, but among other things a lot of beta carotene. This plant substance is converted into vitamin A in the body. Studies show that beta carotene in food can have an anti-cancer effect. Because beta carotene is an excellent free radical catcher. The vitamin A formed with the help of beta carotene acts as a protective shield for the skin and mucous membranes. Beta carotene and vitamin A also improve the surface of the skin. The substance has a balancing effect on both dry and oily skin. So mangoes make you healthy and beautiful. Another component is related to beta carotene and just as effective: the antioxidant lycopene, which is also found in tomatoes, for example. This ingredient neutralizes free radicals very efficiently in the human body. Lycopene can even create a protection on the skin that corresponds to that of a sunscreen with a low sun protection factor. However, you have to consume quite a lot of it to achieve a measurable effect. Sunscreen cannot replace the consumption of mangoes either. Together with the abundant immune booster vitamin C and folic acid, which help to repair and build up healthy DNA, lycopene and beta carotene in mango provide an effective cocktail for keeping cells healthy. Due to the sweet taste with few calories, the mango offers everyone who wants to lose weight an alternative to high-fat sweet snacks. The high fiber content of the fruit helps to keep the blood sugar level from rising too quickly, to satiate you for a long time and to prevent food cravings. Please note that the human body needs a little fat to convert the valuable beta carotene into vitamin A and to absorb lycopene. So just nibble a few nuts with the mango or eat the sweet fruit as a dessert after a meal that contained a little fat. Then you benefit fully from the concentrated power of this sweet fruit.

papaya

An enzyme in the fruit can break down protein and help kill viruses, bacteria and cancer cells.

In Australia papayas are officially considered a medicinal plant. But what is that exactly? Quite simply: Since the 1990s, intensive research has been carried out into the effects of papaya against cancer. There are now over 600 scientific studies on the healing power of fruits.

Among other things, papaya contains the enzyme papain, which can break down protein. The healthy cells have protective mechanisms against the dissolution by papain, cancer cells, on the other hand, need up to 48 hours to build up protection against the enzymes. And then it is often too late and there is enough time to selectively destroy cancer cells.

Incidentally, the enzyme also attacks viruses. As a result, it only supports the immune system in the fight against flu & Co., papaya also increases the activity of the phagocytes in the body that fight against intruders.

In addition to papain, papaya offers even more: thanks to its high content of beta carotene and vitamin C, it protects the cells from free radicals. This is how it prevents cell damage.

Due to its protein-splitting properties, papaya can be used well for digestive complaints, as it helps to break down proteins in food. Papain is even used in the food industry because it makes meat more tender and digestible.

Incidentally, the highest density of bioactive substances is not found in the fruit, but in the leaves and bark of the papaya tree. If you have the opportunity, make tea from these leaves. But also take courage with the fruit. It goes perfectly with all sweet dishes, but also complements salads and meat dishes with its exotic sweetness. A little lemon juice underlines this. You can also eat the kernels. They have a slightly spicy taste and can be used, for example, for seasoning.

tomatoes

Lycopene protects the skin and mucous membranes and can prevent damage from UV radiation.

The red fruits contain 95% water and are very low in calories at 18 kilocalories per 100g, but they have plenty of vitamins and minerals. The tomato is also rich in the antioxidant lycopene. Lycopene is one of the carotenoids and neutralizes free radicals in the human body.

These free radicals are mainly caused by UV light and are associated with signs of aging. Lycopene is so effective that it can even produce a level of protection on the skin equivalent to that of a sunscreen with a low sun protection factor. However, this requires a larger amount of lycopene to be consumed than is usual with food under normal circumstances.

However, there is a small disadvantage: Lycopene in raw tomatoes is difficult for the body to use. Cooking increases the bioavailability. Tomato paste is particularly effective because it is much more concentrated than the pure tomato. Lycopene can only be absorbed by the body in connection with fat. A few drops of high-quality oil are enough to make the substance usable for the

body. Lycopene is also said to protect against arteriosclerosis and coronary heart disease. The fabric is heat-resistant, so that it can withstand boiling effortlessly.

Tomatoes are available in supermarkets all year round. The small varieties are usually more aromatic than the large ones.

Tomatoes do not belong in the refrigerator and should not be stored together with other ripe vegetables, as they give off a ripening gas (ethylene) that causes other fruits and vegetables to spoil more quickly. The fresh tomatoes should ideally be used up within four to five days, after which the nutrient content decreases rapidly. If you are concerned about the valuable lycopene, it is best to take in one tablespoon of concentrated tomato paste daily with your food. It tastes good in soups and sauces, in smoothies or even as a spicy spread.

paprika

Zinc and vitamin C support the immune system and fat metabolism. Capsaicin kills bacteria and boosts your metabolism.

With a maximum of 28 kilocalories per 100g, paprika is low in calories and healthy too: It is rich in potassium, calcium, magnesium and zinc as well as various vitamins. In addition to vitamins A and B, the vitamin C content is particularly high. Bell peppers are among the foods richest in vitamin C, with red peppers containing up to three times as much vitamin C as green bell peppers.

Vitamin C is not only a booster for the immune system, it is also essential for weight loss, as it is used in the synthesis of some fatty acids. Studies show that people with low levels of vitamin C in their blood lose weight 25% more slowly than people who eat enough vitamin C.

In addition, peppers bring with them flavonoids and carotenoids. These two substances have an antioxidant and cell-protecting effect. You thereby reduce the risk of cardiovascular diseases, osteoarthritis, premature aging and inflammatory reactions. The mixture of vitamins, flavonoids and carotenoids makes peppers an ideal vegetable for protecting the body's cells.

The pepper owes its spiciness to the substance capsaicin. The hotter the peppers, the higher their content of this substance. This active ingredient is used, among other things, in heat plasters to relieve back pain, as it triggers a heat stimulus.

Capsaicin has an antibacterial effect. Spicy dishes therefore last longer, for example, than less spicy dishes. Capsaicin can also kill unwanted bacteria in the human organism. The consumption of capsaicin in spicy dishes can also lighten the mood, boost the metabolism, increase fat burning and curb appetite. So grab the spicy paprika varieties from time to time or season your food with chilli.

As a vegetable, the peppers can be eaten raw, but also filled, steamed, fried or grilled. You can get peppers in the supermarket, although organic peppers are less contaminated with chemicals and should therefore be preferred.

Fresh peppers can be stored for two to three days at room temperature, in the refrigerator for up to a week. If possible, you should not store peppers for longer, as the important vitamins will evaporate over time.

Carrots

The carrot offers maximum cell protection through beta carotene and falcarinol.

Carrots contain more beta carotene than almost any other vegetable. Beta carotene is converted to vitamin A in the body. This substance supports the eyesight and protects against night blindness and age-related degeneration of the eyes.

But vitamin A and beta carotene can do even more: Studies have shown the cancer-inhibiting effect of the two substances on breast, lung, prostate and gastrointestinal cancer.

Beta carotene and vitamin A are excellent free radical scavengers. They boost the immune system and increase the number of the body's own killer

cells. Vitamin A inhibits the degeneration of healthy cells and supports the regression of cancerous cells. It protects the skin and mucous membranes and can even protect against damage from UV radiation.

Beta carotene and vitamin A protect the skin and mucous membranes in particular. So successfully that, in conventional medicine, high-dose vitamin A is used alongside drug therapy for some types of cancer in order to reduce the damage caused by chemotherapy and radiation therapy to healthy cells.

Beta carotene can have a positive effect on both dry and oily skin by balancing sebum production and skin hydration.

Less known than beta carotene is probably the substance falcarinol. This actually forms the carrot in order to protect itself from fungal attack. English and Danish scientists showed in 2005 that the same substance works against the development of malignant tumors in the large intestine.

While beta carotene is heat-stable and is therefore still almost unchanged in cooked carrots, falcarinol is less robust. It disintegrates quickly when cooked. This substance is abundant in carrot juice, for example, and can be easily absorbed by the body.

If you want to eat carrots for your health, it is always advisable to use carrot juice, as the active ingredients are best absorbed from the juice. Organic carrots are ideal for cooking and are best cooked whole and only cut into pieces after cooking.

asparagus

Bioactive substances in asparagus detoxify and have an aphrodisiac effect. Carotenoids protect skin and eyes, inulin has a prebiotic effect.

Expensive, but very tasty, low in calories and healthy: that's asparagus. The tender sticks, which are in season from the end of March, provide fiber, folic acid, a particularly good calcium-magnesium ratio, B and E vitamins, carotenoids and lots of potassium.

That is why the asparagus effectively stimulates the kidneys and drains them. And a large number of bioactive plant substances make asparagus a superfood:

Asparagus is rich in saponins. Saponins reduce harmful LDL cholesterol and thus prevent hardening of the arteries, but can also protect against cancer by scavenging free radicals.

Asparagus can also ensure that the body's own glutathione level rises. And that has an extremely positive effect. Because glutathione is an endogenous antioxidant. It destroys cancer cells, protects against cell aging and is even said to prevent Alzheimer's.

Another aspect: the protective substance supports the liver in detoxifying the body. This has even been scientifically researched: A study by the South Korean Institute of Medical Science and Jeju National University from 2009 showed that amino acids and minerals from asparagus protect the liver against the effects of alcohol and can even alleviate hangover symptoms.

Other substances found in asparagus are beta carotene, lutein, zeaxanthin, rutin and quercetin. These substances protect the skin, mucous membranes and eyes. They are particularly helpful for the visual process and protect against degeneration of the eyes in old age.

Since they are fat-soluble and can only be absorbed by the body in conjunction with fat, you should definitely consume a little fat with asparagus. Just a few drops are enough to channel the valuable plant substances into the body's cells. Incidentally, the vitamin E in the asparagus stalks also supports the absorption of the bioactive protective substances.

It has actually been proven that asparagus has an aphrodisiac effect. What was long thought to be a superstition has now been researched. The aphrodisiac effect is due to the high dose of vitamin E in asparagus. Because this, together with the potassium, stimulates the blood flow in the urogenital tank. A special substance in asparagus that ensures that the stalks are so firm and crisp is the abundant inulin, a natural fiber and support material of the plant. Inulin is very helpful to humans, although it cannot be digested. Because inulin nourishes the positive intestinal bacteria in the digestive system. The fiber stabilizes the intestinal flora. It is so effective that it is also used in conventional medicine. When you prepare asparagus, cook it gently. Instead of traditional cooking, you can also grill, fry or bake asparagus in the oven. That saves the nutrients. If you cook it anyway, don't pour the water away. It is rich in vitamins and can be used in soups or sauces. By the way: the green and purple-colored sticks contain more bioactive substances than the white ones.

spinach

Spinach makes you beautiful, slim and provides important nutrients for the muscle cells.

First of all: Spinach contains much less of the mineral iron than was previously assumed. The high figure was based on a comma error in a book.

Nevertheless, spinach is a healthy vegetable: it contains, for example, a high proportion of beta carotene, which is converted into vitamin A in the body. This substance supports protects against night blindness and age-related degeneration of the eyes. The ingredients zeaxanthin and lutein in the green leaves also support this effect.

The content of potassium and magnesium, vitamin C and vitamin K and fiber is also noticeably high. The abundant potassium content provides gentle

dehydration, and magnesium regulates blood pressure.

Vitamin C supports the immune system and vitamin K is a true beauty vitamin: it is involved in the formation of healthy skin, hair and fingernails. And spinach makes you beautiful for another reason: it can help you lose weight.

Researchers at Lund University in Sweden published study results in 2014 that said spinach can both reduce cravings and help you lose weight. The study was carried out with around 40 people who were given either spinach or a placebo in addition to their diet every day. The spinach group lost an average of 1.5 kilograms more body weight within three months than the control group. Incidentally, the cholesterol level in the spinach group had dropped measurably.

For a long time, spinach was considered a questionable vegetable due to its nitrate content. The surprise came as early as the 1990s: Scientists demonstrated in a study that nitrates are basically beneficial. They nourish the mitochondria in the muscle cells. Mitochondria produce energy in the cells. Malfunctioning mitochondria therefore impair all body functions. Healthy mitochondria regulate blood pressure, the immune system, cell metabolism, breathing, etc.

Spinach contains a high proportion of oxalic acid. People who have a damaged liver should therefore rather avoid spinach: The oxalic acid can promote the formation of kidney stones.

You can get spinach in the shop all year round, from May to October from the field, the rest of the year from the greenhouse. The leaves should always look crisp and by no means be withered or mushy.

They can be kept in the refrigerator for a few days, but vitamins are broken down. Fresh spinach is well suited for preparation as spinach. If you want to cook spinach - which is beneficial for the absorption of some nutrients - you can confidently fall back on frozen spinach.

cabbage

Cabbage vegetables are among the healthiest vegetables. It protects against cancer and can regulate blood pressure.

Broccoli, cauliflower and romanesco, Brussels sprouts, white cabbage, pointed cabbage and kohlrabi, savoy cabbage, pak choi, kale, Chinese cabbage and whatever they are called are among the healthiest vegetables ever - with a low calorie content of just 25 kilocalories per 100g.

They contain a lot of vitamin C and thus ensure a stable immune system. In addition, there is a high calcium content. Iron, magnesium, potassium, chromium and folic acid as well as a high content of provitamin A round off the healthy overall package.

Almost. Because what really makes the cruciferous family, to which the three vegetables belong, is their excellent cancer-preventing effect:

A study by Ohio State University, which was published in the journal Cancer Prevention Research in 2009, shows that a substance called I3C, among other things has the ability to fight cancer. And cabbage stimulates the human body to form precisely this substance. The effect has now been proven in several follow-up studies on humans. The effect of the substance against Alzheimer's is also currently being researched.

What has long been known about it: The representatives of the cabbage vegetables are rich in sulforaphane, a substance with strong anti-cancer properties. Sulforaphane has been shown to be effective in several studies in breast cancer, bladder cancer, prostate cancer, pancreatic cancer and colon cancer.

The Heidelberg University Hospital was one of the first to prove in tests that sulforaphane attacks aggressive tumor stem cells. This makes them sensitive to the agents used in chemotherapy.

Tumor stem cells often survive conventional chemotherapy and radiation therapy. This is particularly tragic as they are responsible for the development, spread and spread of cancer.

While the normal cancer cells die under chemotherapy or radiation therapy, the resistant tumor stem cells often survive, which can lead to renewed tumor growth. A diet rich in sulforaphane supplements classic therapies because it counteracts this mechanism, can slow down cancer growth and make chemotherapy and radiation therapies more effective.

Eating cabbage can also help lower blood pressure: When the plants are digested, active ingredients are released whose effects are similar to ACE inhibitors. ACE inhibitors are medicines for high blood pressure. They prevent an enzyme from causing the hormone angiotensin 2 to be produced, which in turn narrows blood vessels and thereby increases blood pressure. Cabbage therefore acts like a natural ACE inhibitor.

The good thing: Cabbage vegetables are available all year round in almost every supermarket, in a correspondingly good selection and at reasonable prices. If you have the choice, you can safely use frozen, already cleaned representatives of this type of vegetable, e.g. broccoli, cauliflower and

romanesco.

The reason is simple: these vegetables are flash frozen immediately after harvest, which helps retain most of the nutrients. Fresh vegetables from the vegetable shelf have usually been on a journey of several days and the vitamins have already partially broken down in the meantime.

By the way, researchers particularly recommend eating broccoli or radish sprouts. Because these contain the active ingredient sulforaphane in a highly concentrated manner - up to 100 times as much as the full-grown plant. And one tablespoon of these sprouts a day is enough to fully benefit from the positive effect.

Incidentally, cauliflower, romanesco and broccoli are also suitable for people who do not like other types of cabbage. Because these plants have particularly delicate cell walls and are therefore easy to digest - as long as you only eat the florets but leave out the stems. Cabbage should be cooked gently, as the valuable sulforaphane in particular is sensitive to heat. Therefore do not throw away the cooking water, but also use it - e.g. for soups or sauces.

legumes

Legumes are high in fiber and flavonoids that help with weight loss and protect against cancer.

Legumes such as white or black beans, kidney beans, peas, chickpeas, lentils etc. are known to be high-fiber foods.

Almost all legumes contain plenty of magnesium, potassium, iron and zinc, B vitamins and folic acid. The content of the trace element molybdenum is also high. Molybdenum supports the conversion of food into energy. The lecithin contained in legumes counteracts high cholesterol levels and protects the intestines and liver. It is also an essential component of healthy nerve cells and, for example, essential for good brain performance.

Another positive aspect: the high proportion of indigestible substances, the dietary fiber, ensures that legumes fill you up for a long time and the blood sugar level only increases very slowly. This in turn prevents food cravings. The fiber also stimulates peristalsis. This means that pollutants are excreted faster and can cause less damage to the tissue.

A Japanese research group was able to prove how valuable the fiber from

legumes is in a large-scale study with more than 43,000 people. The study lasted seven years and looked at the effect of bean consumption on colon cancer.

The result: the fiber from the legumes had a greater impact on colon cancer statistics than any other fiber source. And the more fiber in the form of beans, peas, etc. the test subjects consumed, the lower their risk of developing colon cancer.

In addition, a study of over 90,000 nurses showed that women who incorporated legumes in their diet at least twice a week reduced their risk of breast cancer. Researchers assume that the reason is that, on the one hand, the dietary fiber in beans, lentils, peas, etc. is particularly effective at protecting against the absorption of carcinogenic substances.

On the other hand, legumes are rich in flavonoids and antioxidants that neutralize the free radicals before they can do any harm.

And third, legumes provide natural folic acid, which helps repair and build healthy DNA. The antioxidant active ingredients in particular also have a positive effect on Alzheimer's disease, vascular diseases, high blood pressure, etc.

To take advantage of the positive aspects, you can use any kind of legume, such as the popular kidney bean, white beans, black beans, or chickpeas Lima beans, red, brown or black lentils, etc.

Dried legumes usually have to soak in plenty of water before preparation. If that is too complicated for you, you can use canned legumes. These also contain almost all the important nutrients and are particularly quick and easy to prepare.

Onions

Sulfur compounds have an antibiotic effect, thin the blood and stimulate the transport of oxygen into every cell in the body.

The sulfur compounds (sulfides) found in onions prevent bacteria from growing. This is particularly helpful in protecting the stomach. Because in the stomach bacteria can cause nitrate to be converted into nitrite. Nitrite, in turn, can form carcinogenic nitrosamines.

The sulfur compounds in the onion can kill the bacteria involved and therefore stop the chain reaction. The protective sulphides are not destroyed when heated, so that people with sensitive stomachs who can only eat onions well cooked benefit from them.

By the way: red onions contain twice as many antioxidants as white onions. Two of these are the flavonoid quercetin and the polyphenol anthocyanin. These two valuable substances prevent the oxidation of fatty acids in the cells.

Among other things, this reduces chronic inflammatory processes, but also long-term damage to the DNA, which can lead to cell degeneration. Onions also promote detoxification and thin the blood so that it can flow better. As a result, all cells in the body are better supplied with nutrients.

The potassium contained in the onions stimulates the detoxification. Vitamin C, K, iron and folic acid support the immune system and cell renewal. Vitamin K in particular is an important ingredient: In addition to cell renewal, it promotes bone growth and blood clotting, supports the cardiovascular system and can even protect against vascular calcification. Vitamin K is relatively heat-stable, so it survives the cooking process well.

Good to know: It is not necessary to eat a particularly large number of onions in order to take full advantage of the protection: About half an onion a day, for example as part of main dishes, in soup or salad, is sufficient.

sauerkraut

Fiber cleans the intestines. Lactic acid bacteria regenerate the intestinal flora.

Sauerkraut provides significant amounts of vitamin C, an effective free radical scavenger and a booster for your immune system. In addition, there is vitamin B 12, which strengthens the heart and circulation, calcium for the bones, and a lot of fiber.

Particularly noteworthy are the lactic acid bacteria that the sour herb contains. These strengthen the intestinal flora and prevent incorrect colonization of the intestine with pathogenic germs. It has been scientifically proven that a stable intestinal flora, among other things, increases the resistance to infections and can even prevent obesity.

Together with glutamine, which is naturally already in cabbage, vitamin C and lactic acid bacteria as well as some other substances in sauerkraut provide an excellent cocktail of cancer-inhibiting substances that mutually reinforce their effects.

In addition to the substances mentioned above, researchers identified the so-called isothiocyanates. They are found in many types of cabbage and their

cancer-inhibiting effect has been proven in animal experiments.

Isothiocyanates are sometimes only formed during fermentation, so they are not yet contained in the starting product, the white cabbage. Fermentation also increases the bioavailability of the nutrients, so the body can absorb them more easily from the sauerkraut than from the natural cabbage.

Eat sauerkraut as raw as possible so as not to destroy the vital substances. 3 forks a day already support your well-being very effectively.

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garlic

Harmful cholesterol is reduced, the sulfur compounds have an antibiotic effect and trap free radicals.

Garlic can thin the blood and at the same time relax the vessel walls so that the blood can flow better. In this way, it ensures that all cells are better supplied with blood. The saponins in garlic reduce harmful LDL cholesterol and prevent hardening of the arteries.

Scientists have shown in repeated studies that people who regularly ate garlic are less likely to develop certain types of cancer (colon cancer, stomach and esophageal cancer, lung and breast cancer).

The reason: the alliin molecule present in garlic is converted into allicin with the help of an enzyme when the garlic clove is crushed or cut, which in turn breaks down into other chemical compounds relatively quickly. Allicin increases the levels of the two enzymes catalase and glutathione peroxidase, which have a strong antioxidant effect, in the blood. In this way, free radicals can be better captured and damage to the cell membranes is avoided.

In addition, there are the sulfur compounds in garlic. These act like a natural antibiotic, but not only destroy bacteria, but also viruses, fungi and worms.

Garlic can therefore prevent infections and positively influence their course. These sulfur compounds also strengthen the liver and stimulate detoxification of the organism. They also reduce the reactivity of carcinogenic substances so that they cannot attack in the first place, accelerate their discharge from the organism and can disrupt the growth of cancer cells.

The positive effect starts when consuming one clove of garlic a day. This should be eaten raw if possible.

dandelion

Bitter substances stimulate detoxification and relieve cramps. Valuable fiber harmonizes the intestinal flora.

Dandelion as a power food? No, that's not a joke!

Most people know dandelions as a weed. This is a shame, because the plant contains incredible vital substances, above all bioactive plant substances such as bitter substances.

Among other things, dandelion stimulates digestion, which is mainly due to the abundant bitter substances it contains. The bitter substance taraxacin stimulates the bile and relieves cramps in the digestive tract, thereby reducing feelings of fullness and nausea.

In addition, dandelion is a strong detoxifier. That supports the liver. The bitter substances are also to blame for this effect. In animal experiments, dandelion extract was even able to regenerate an already inflamed liver. So dandelions are great for detoxifying the body.

This has another positive side effect: the complexion improves. So if you are prone to skin problems, you should consume about 30g of dandelion daily.

Due to the high potassium content, dandelion has a diuretic and mild laxative effect. It simultaneously supplies the body with minerals and vitamins such as vitamins A, C and E, calcium, iron and magnesium. These are all in a significantly higher concentration than, for example, in conventional lettuce.

In addition, there are essential oils and antioxidants as well as the bitter substances already mentioned, which protect the cells and at the same time have an antibacterial effect.

Also interesting: dandelion leaves contain plenty of inulin. This fiber fills the intestines and at the same time acts as feed for the desired, good intestinal bacteria. Inulin is so effective that it is used, for example, in drugs that are supposed to build up the natural intestinal flora (e.g. after antibiotic therapies).

You are probably wondering how you can get dandelions and how they should be prepared. First of all, unfortunately, you have to go looking for it yourself, because dandelions are rarely available for sale.

From the middle to the end of March you can harvest it, for example, on uncultivated meadows. Of course, the area should be as untouched as possible, not be fertilized and sprayed against weeds.

Parks and field margins are therefore unfortunately out of the question. If possible, harvest the young, small leaves as well as the flowers and flower buds (these are particularly tasty), wash them thoroughly and store them in the refrigerator for a maximum of 2 days. This can then be used to prepare delicious salads and vegetables, soups or smoothies.

The dandelion leaves taste slightly bitter, which is why many prefer it as an ingredient in food, but not as the main ingredient. The flowers and flower buds, on the other hand, taste milder than the leaves and make a great decoration on the food.

By the way, dandelions were eaten by humans for centuries. Because dandelions grew almost everywhere and were therefore an easily available food. It was especially valued in spring, as dandelions could be harvested fresh early in the year and their active ingredients woke the spirits up after the winter.

Even today, the extremely tough dandelion plant can be found from spring onwards in meadows and on roadsides, and even in the cracks of asphalt and on busy streets in the big city. Just not in the supermarket. Other salads have found their way there. But who knows - maybe one day the dandelion will return to the supermarket, just as other old varieties have done before it. Just think of rocket (rocket) or parsnips, for example.

Watercress

Mustard oils have an antibiotic effect. And the vital substance cocktail in the leaves even makes you beautiful.

Watercress is rich in vitamins B1, B2 and B6, C and K, beta carotene, folic acid, iron, potassium, calcium, magnesium, copper, manganese and sulfur, iodine and essential amino acids. This makes watercress one of the most nutritious plants ever.

Watercress contains lots of mustard oil glycosides, namely the types nasturtiin and raphanol. The watercress produces these slightly pungent substances to protect itself from predators.

In the human body, however, mustard oils have a very special effect: they have an antibacterial, virustatic and antifungal effect. The hot oils have an expectorant effect and support the healing of respiratory diseases particularly well.

The oils can be absorbed very well in the intestine and develop their health-promoting effects, without, however - as with antibiotics from the pharmacy - damaging the good intestinal bacteria. The mustard oils of the watercress play well together with the vitamin C it contains. This cocktail can effectively neutralize intruders and support the immune system.

The mix of mustard oils, vitamin C and beta carotene is an excellent free radical catcher. This prevents cell damage and premature aging. This is not the only reason why the plant makes you healthy and beautiful: Beta carotene also ensures even skin, while vitamin K and folic acid help to repair cell damage and build healthy new cells.

At the same time, the watercress stimulates the intestinal activity and has a gentle laxative and dehydrating effect. Their detoxifying effect supports this positive effect. The hot mustard oil stimulates the metabolism and thus helps to increase the basal metabolic rate of calories. Watercress can provide effective support with its activating properties, especially in the context of diets or fasting cures.

Perhaps you are now wondering where you can get this “wonder plant” from. You can occasionally buy watercress in the supermarket. However, this is still the exception. In delicatessen shops, you are often more lucky.

You can also grow watercress at home in the garden or in your room like "normal" cress. The seeds are available in specialist shops.

Or you can keep an eye out for clear, flowing waters. The plant often grows on the edge. However, please only cut off the inner, smaller leaves and never pluck the roots so that the plant can recover. Because the watercress is an indicator of particularly clean water and is unfortunately becoming

increasingly rare in our latitudes.

The watercress tastes great as an ingredient in hearty dishes or "solo" as a salad.

Garden herbs

Chlorophyll protects the cells and stimulates the transport of oxygen in the blood. Essential oils have antibacterial properties and can even relieve pain.

Herbs are an indispensable part of the kitchen. Because they give dishes the right pep in the first place.

But they're also super healthy. Most culinary herbs come up with a mix of nutrients that is very concentrated, especially vitamins and minerals in concentrated form.

The important vitamin C in particular is contained in very high quantities. And this vitamin, in turn, is not only known for its excellent effect on the immune system.

Vitamin C is also a great antioxidant. It is also essential for losing weight, as it is used in the synthesis of some fatty acids. Studies show that people with low levels of vitamin C in their blood lose weight 25% more slowly than people who eat enough vitamin C.

The abundant chlorophyll is also to be emphasized. The green color pigment has particularly positive properties when it comes to preventing cell degeneration. In tests, chlorophyll was as effective as some chemotherapy drugs used in medicine.

Chlorophyll also protects against free radicals and promotes the regeneration of cell damage. It also supports the transport of oxygen in the blood and thus ensures performance and a good mood. And: Chlorophyll can work against bad breath and body odor.

Some herbs also have very specific properties: parsley drains water, cress and basil regulate digestion. In addition, basil contains anti-inflammatory and pain-relieving ingredients that are also used in medicine.

Thyme, rosemary, oregano, sage and marjoram protect the cells against free radicals and also have an antibiotic effect, in some cases they are even active against viruses. So you can also help with infections, for example. Mint and lemon balm have an antiperspirant effect, while borage and chives provide valuable iron.

It is important to pay attention to a balanced mix. Since the herbal power is so concentrated, you shouldn't overdo it. A good tablespoon of fresh herbs sprinkled over each meal, in a smoothie or in between a delicious salad or

herb quark made from herbs are enough to benefit from the positive effects.

yogurt

Yogurt provides calcium and beneficial lactic acid bacteria that keep the intestines healthy.

Milk, the raw material for yoghurt, provides proteins, calcium, potassium, magnesium, iodine and vitamins.

Converted into yoghurt with the help of lactic acid bacteria, milk can do even more: Yoghurt contains microorganisms (e.g. lactobacilli, i.e. lactic acid bacteria and bifidobacteria) that also occur naturally in the human

intestine. They settle there and support the natural bowel function. This in turn supports the immune system and detoxification of the body.

Studies show that many diseases that involve the immune system originate in the gut. Conversely, it has been shown that numerous diseases are positively influenced by supporting the bacterial flora in the intestine.

The microorganisms in yogurt inhibit the growth of germs that have a negative effect, such as putrefactive bacteria, but also viruses and fungi.

Eating lactic acid bacteria with probiotic properties helps normalize bacterial overgrowth. It is also assumed that prebiotic foods also reduce the risk of colon cancer by inhibiting cell-damaging enzymes.

It should be noted that only some of the positively acting microorganisms reach the intestines when they are supplied through food. Unfortunately, a large part of it falls victim to stomach and bile acids.

Therefore, the daily yoghurt portion should be a little larger or consist of scientifically tested prebiotic yoghurts that contain a higher concentration of microorganisms that are also resistant to gastric acid.

To get the most out of the positive effect, it is best to use natural yogurt. If you like it sweet, you'd better add fruit, honey, stevia or some jam yourself, or mix your yoghurt with some fruit syrup.

Eggs

Eggs provide highly digestible protein as well as the beauty agents sulfur and lecithin.

Eggs have a protein content of almost 13 percent. The protein in it is also of particularly high quality and can be 100% absorbed by the body.

No food has a higher biological value. Reason: The amino acids in the egg have a positive relationship to one another, which makes eggs particularly valuable for humans.

Eggs keep you full for a long time and are versatile, so they can be easily incorporated into the menu. Eggs also contain vitamins and minerals - after all, an egg contains everything a little chick needs for its development, i.e. a lot of vital substances.

Eggs make you beautiful: The sulfur they contain makes the hair shine and makes the skin plump and smooth. Lecithin supports this effect, but can do even more: It not only helps to keep the skin healthy, but also regenerates the

mucous membranes (especially in the gastrointestinal tract) and strengthens the nerve cells. This increases the ability to concentrate.

But what about cholesterol? The cholesterol content in the yolk of a medium-sized egg is around 220 milligrams. And cholesterol is a biologically indispensable substance for humans, which is needed in the construction of cells and nerve tracts. The body synthesizes some hormones (e.g. vitamin D) from cholesterol.

Nevertheless, the body does not necessarily need cholesterol from food, as it is able to produce this substance itself. However, it does not harm healthy people to a “normal” extent either.

You can safely eat one or two eggs a day. Unless you already suffer from hardening of the arteries or a lipid metabolism disorder. Then it shouldn't be more than three eggs a week.

By the way: the more intense the color of the yolk, the more green fodder the chicken has eaten - and the healthier and tastier the egg!

fish

Omega-3 fatty acids reduce inflammation in the body, make the blood vessels elastic and protect the heart.

Fish is healthy because of its high content of omega-3 fatty acids. These fatty acids are powerful helpers in preventing inflammatory reactions in the body.

They are also known for their positive effects on the heart and blood vessels and for protecting cells. Omega-3 fatty acids can help health in many ways: They reduce oxidative stress on cells, prevent heart and circulatory diseases and are even said to be able to protect against Alzheimer's. In addition, the omega-3 fatty acids support nerve function and vision.

Most of the omega-3s are found in high-fat cold-water fish such as salmon, mackerel, sardine, tuna or herring. The salmon provides the most: up to 2.6g of the valuable fatty acids per 100g.

The fish from cold waters ingest the omega-3 with their food from microalgae and grill and build it into their cell membranes. Just like in humans, the fat makes the cells of the fish elastic. And the fish need this cell protection in the icy arctic water in order to survive.

In order to take advantage of this positive effect, it makes no difference how you prepare the fish. Whether raw in sushi, grilled, fried or steamed - the valuable fatty acids survive the various types of preparation without damage.

In addition to valuable fat, fish also provides plenty of protein that the body can convert into muscles.

Fish keeps you full for a long time and can therefore also help you lose weight. However, most Germans eat less fish than recommended: 200g high-fat cold-water fish per week are considered optimal for taking in sufficient omega-3 fatty acids.

Important: Pay attention to the origin of the fish. Fish from aquaculture is - especially with salmon - cheaper, but often less valuable than fish caught in the wild.

In terms of quality and environmental protection, and because it is difficult to tell which fish is safe to eat, it is advisable to do some research before buying. The [WWF](#) , for example, offers a clear list [on its website](#) .

oats

Essential amino acids support the development of muscles, nerves and the formation of messenger substances. Dietary fiber regulates digestion.

Most people know oats mainly in the form of oat flakes. Compared to other types of grain, e.g. wheat, rye or barley, oats are very nutritious. With around 12% protein, oats are very rich in protein for a grain.

The protein content consists mainly of the amino acids isoleucine, leucine, lysine, methionine, phenylalanine and valine, which the body cannot produce itself - so they have to be supplied from the outside.

Isoleucine, leucine and valine are needed to build muscle cells or to maintain

them. Lysine contributes to growth, the formation of enzymes, hormones and antibodies, as well as collagen synthesis and bone health, and plays an important role in tissue repair.

The amino acid methionine is even used as a drug, among other things to prevent kidney stones, to inhibit bacterial growth in cystitis and as a component of infusion solutions for nutrition. Phenylalanine is involved in the synthesis of important messenger substances and has to be consumed in large quantities, especially during stress, in order to supply the body with sufficient supplies.

In addition, oats contain minerals such as magnesium, potassium, iron, calcium, phosphorus and zinc, vitamins from the B group and vitamin E. Due to its high fiber content, oats are considered a remedy for gastrointestinal complaints.

The indigestible fiber in the grain forms a film of mucus that protects the stomach and intestinal mucosa. Digestive problems and inflammation can be alleviated or healed in this way. The high fiber content also ensures that oats will keep you full for a long time.

Oat flakes can be used in many ways, not only as muesli or porridge, but also for baking and cooking. Oat flakes are suitable, for example, to give casseroles a nice crust or to sprinkle shapes to avoid sticking.

Oat flour or oat flakes can replace part of the flour in baking and oat bran flakes can even be used as a sauce thickener or to thicken cold and warm, sweet and savory dishes.

Quinoa

Iron supports blood formation, proteins repair damaged tissue and can even improve mood.

Quinoa is also called Inca grain because the grain comes from South America, where it has been a staple food for 6000 years.

Quinoa is not a grain like wheat, oats and rye, but a goosefoot plant (like spinach and beetroot). Therefore, people with grain intolerance can also eat quinoa without hesitation.

Quinoa has a very advantageous range of amino acids, so it provides a large number of readily usable vegetable proteins.

In addition, there are vitamins, minerals and nutrients such as calcium, manganese and copper. Together with the antioxidants they contain, these minerals help to protect the mitochondria (the power plants inside the cells) from harmful oxidation processes. Manganese also supports strong bones. The iron content of quinoa supports the formation of blood and the transport of oxygen into the cells.

Quinoa is also high in lysine. Among other things, this amino acid repairs

damaged connective tissue. The dissolution of connective tissue is one of the basic requirements for cancer to multiply.

In addition to its repair function, lysine actively prevents the breakdown of connective tissue by the cancer cells' enzymes. Cancer cells can then no longer spread unhindered. Inflammatory and allergic processes can also be positively influenced in this way.

Magnesium, which is also abundant, protects against migraines and can alleviate the symptoms by relaxing muscles and blood vessels. The vitamin B2 in the small grains also supports this effect. Muscles and blood vessels in the rest of the body also benefit from this mix.

It is particularly exciting that quinoa makes you happy. The reason for this is the amino acid tryptophan, which is involved in the formation of the happiness hormone serotonin. If this messenger substance is missing, increased susceptibility to stress, melancholy, depression and slowed cognitive performance can follow.

The glycemic index of quinoa is very low. This prevents the blood sugar level from skyrocketing. This is gentle on the pancreas.

Quinoa can be bought in health food stores, but more and more supermarkets are also selling the product. Whether you prefer the white, brown or mixed quinoa is entirely up to your taste.

Quinoa can be prepared and used like rice, it tastes pleasantly nutty and is a good carrier for sauces. It can also be used raw or roasted - the grain is then, for example, sprinkled as a crispy topping over muesli or salads or eaten ground and soaked.

Buckwheat

Buckwheat can regulate blood pressure, improve thinking skills and protect against depression.

Buckwheat is a knotweed plant and, from a biological point of view, has nothing to do with wheat. Buckwheat does not contain gluten and is therefore ideal for people who cannot tolerate gluten.

What is contained in abundance, however, are nutrients and vital substances. The grain, for example, has eight essential amino acids in a particularly favorable ratio to one another.

Among other things, it contains amino acids from which the body can produce the messenger substance serotonin. Serotonin, on the other hand, is involved in processes in the brain and a deficiency results in dejection, tiredness and, in the worst case, depression.

Rutin is also found in buckwheat. This substance can reduce oxidative damage to the walls of the blood vessels, thus lowering blood pressure and having a positive effect on hardened arteries.

The blood sugar level also benefits: The substance chiro-inositol, which is

found in the grains, can lower blood pressure.

This reduces the risk of diabetes and secondary diseases such as B. Heart, nerve and kidney diseases. The lecithin it contains counteracts high cholesterol levels and protects the liver. But lecithin can do even more: It is mainly found in the brain, where it is part of healthy nerve cells. So lecithin is essential for good brain performance.

Buckwheat is available in health food stores, but you can also buy the grains in some supermarkets. Usually you get the whole, dried grains or crushed buckwheat. You can prepare and use buckwheat in a similar way to rice. It has a fine, nutty taste. Therefore, it can be used in many ways, both warm as a side dish (buckwheat, for example, is excellent for sauce) and as a salad or like couscous.

Buckwheat germs represent an alternative, which can be used like cress, for example. They contain the concentrated power of the grain. Iron, magnesium, zinc etc. become even more available to the body through germination and the proteins are easy to digest.

Buckwheat germ is rich in bioflavonoids and the well-known coenzyme Q10, which protects the body's cells. To germinate the kernels, simply let a few tablespoons of the kernels soak in cold water for about an hour, drain, then rinse thoroughly in a colander twice a day. After two to three days, the seeds are germinated and ready to eat.

linseed

Flaxseed protects the digestive tract, the omega-3 fatty acids prevent inflammation and cancer.

Flaxseed is healthy in three ways: The grains are rich in heart-protecting omega-3 fatty acids, protect the intestines and are a natural cancer inhibitor. But first

things first : Flaxseed contains lignans, which belong to the plant hormones. The effect is similar to that of human estrogen, but it can also act like an anti-estrogen (this depends on complex regulatory mechanisms in the body).

Lignans can thus balance the hormonal balance - which has a positive effect on the development of hormone-dependent tumors (e.g. in the breast and prostate). Another advantage of this phytohormone is its effect against menopausal symptoms and osteoporosis.

While lignans occur in the surface layer, the inside is also tough: the unusually high proportion of alpha-linolenic acid of around 50%. Alpha-

linolenic acid is one of the omega-3 fatty acids. These in turn play a role in preventing inflammatory reactions in the body and are known for their positive effects on the heart and blood vessels as well as for protecting cells.

Most famous, however, is the effect of flaxseed as a gentle laxative. The grains can swell and reach up to 3 times their original volume.

This in turn stimulates peristalsis (bowel movement). What is special about it are the mucous substances that escape when swelling and that cover the gastric and intestinal mucosa like a protective film. Digestive complaints are effectively regulated and inflamed or irritated mucous membranes can regenerate. Digestion is accelerated so that toxins are excreted more quickly.

You can get flaxseed in well-stocked supermarkets or health food stores. It does not matter whether you prefer the yellow or brown flaxseed, but you should use crushed grains, as these have a more intense effect.

For example, sprinkle the flax seeds over muesli, stir them into yoghurt or add them while baking. If you have acute digestive problems, you can also consume about a tablespoon of the seeds directly. Make sure to drink at least a large glass of water with it, so that the flaxseed can swell sufficiently.

Please store linseed tightly closed and not for too long. As soon as it smells rancid, you should dispose of the grains. If you don't like flaxseed, you can still benefit from the heart-protecting effect by using linseed oil in the kitchen for your cold dishes (salads, dips, etc.).

Chia

Chia stabilizes the bones and stops inflammation in the body. Fiber cleanses and detoxifies the intestines.

Chia seeds come from a mint family and have only recently been known to us as a power food. Chia owes its good reputation to the fact that the small black seeds contain twice as much protein as grain and thus donate a lot of energy.

In addition, they provide an enormous amount of minerals, e.g. calcium, potassium, phosphorus, manganese, copper, zinc and the trace element boron.

The grains bring with them five times as much calcium as milk - and thanks to the boron they contain, the body absorbs it excellently. That strengthens the bones. The high potassium content of the grains is dehydrating, the zinc content acts like an immune booster.

The optimal ratio of omega-3 to omega-6 fatty acids should also be emphasized. They are available in a ratio of 1: 3, which is considered optimal for stopping inflammatory processes in the body and protecting the cells.

The seeds also provide a lot of fiber. These swell in connection with liquid and reach up to 12 times their original volume. Due to this effect, chia seeds satiate for a very long time. The volume of food increases, peristalsis is stimulated and food residues and toxins are quickly excreted before they can cause damage.

It is precisely this fiber that ensures that the carbohydrates it contains gradually enter the bloodstream instead of all at once. The insulin level rises slowly and new hunger attacks are effectively prevented.

However, this also means that you always have to drink a lot with the chia seeds so that enough liquid is available to swell. You should definitely pay attention to this!

The antioxidant substances in chia seeds are also known. The grains contain up to three times as many antioxidants as blueberries, for example. These protect the cells from free radicals, prevent arterial diseases and cardiovascular problems and can effectively prevent the development of cancer.

Chia seeds are available, for example, in health food stores or drug stores, as well as online. Some supermarkets also have them in their range. Pay attention to organic quality, then you can be sure that it does not contain any pesticide residues. The seeds can be kept for several years if properly closed.

The chia seeds are relatively tasteless. They can be eaten raw, for example as a crispy decoration on muesli, yoghurt, desserts or salads.

Seeds mixed in water, juice or milk swell strongly and therefore satiate for a long time. You can, for example, replace breakfast.

Ground chia seeds can replace part of the flour in baking. They look good in smoothies, for example they swell in almond milk, fruit juice or the like and are also excellent with pudding or jelly. A single tablespoon a day is enough to take full advantage of the positive effect.

olive oil

Thanks to vitamin E and antioxidants, olive oil can protect cells and even prevent depression.

Olive oil is rich in monounsaturated fatty acids. The monounsaturated fatty acids in olive oil lower the “harmful” LDL cholesterol.

Studies have also shown: The gastric acid secretion is reduced by olive oil, which prevents gallstone formation. Consuming olive oil can also lower the risk of pancreatic cancer. The high content of vitamin E and antioxidants protects the cells and slows down the aging process as well as the degeneration of the cells.

A Spanish study published in the specialist journal BMC Genomics shows: The polyphenols in the oil prevent inflammatory processes and thus, among other things, diabetes, high cholesterol, high blood pressure, arteriosclerosis, stroke and heart disease and cancer.

In addition, a diet rich in olive oil should even help against depression. Researchers observed over 12,000 people for several years and compared the relationship between depression and other mental illnesses and dietary habits. Patients who used a lot of olive oil had a 20% lower risk of depression.

Olive oil is an integral part of good cuisine. In order to benefit from the positive properties, however, you should always pay attention to the best quality.

Cold-pressed olive oil, if possible in a dark bottle that protects the contents from light, is the best choice. Buy only as much as you can use in a few weeks. You can also temporarily store olive oil in the refrigerator to slow down the breakdown of vitamins and plant substances. The oil may flocculate in the process, but the flakes dissolve again at room temperature and are harmless.

Pumpkin and sunflower seeds

The nuclei protect the heart and blood vessels, lower cholesterol and trap free radicals. They increase blood circulation and can even have a regulating effect on hormone-related diseases.

The seeds of pumpkin and sunflower contain essential fatty acids and vitamins E, A and K.

The kernels are also rich in secondary plant substances, phytosterols, and linoleic acid. This is one of the omega-3 fatty acids, which in turn play a role in preventing inflammatory reactions in the body.

The seeds are therefore known for their positive effects on the heart and blood vessels and the cells per se. They lower the level of the “bad” LDL cholesterol and actively prevent some of the cholesterol in food from being absorbed during digestion. It is excreted much faster and undigested.

The “good” HDL cholesterol, on the other hand, is not affected. What most people are less aware of is that exactly these phytosterols also help prevent cancer.

An active ingredient in the pumpkin seeds is even used for prostate

enlargement. It's called beta-sitosterol, and it works by blocking an enzyme that converts testosterone into the hormone DHT, which in turn causes an enlarged prostate. To use the positive effect, a small handful of pumpkin seeds three times a day is sufficient (or a teaspoon of pumpkin seed oil three times a day).

The pumpkin seeds in particular are also rich in chlorophyll. The green pigment killed cancer cells by blocking the enzymes necessary for cells to divide. In tests, chlorophyll was as effective as some chemotherapeutic agents used in medicine. Chlorophyll also protects against free radicals and promotes the regeneration of cell damage.

The kernels contain the amino acid arginine. This widens the blood vessels so that the blood can circulate better. In this way, the body is better supplied with oxygen, general well-being increases and you feel fit.

It is not only for this reason that the small grains make you happy. They are also rich in the amino acid tryptophan, which is involved in the formation of the happiness hormone serotonin. If this messenger substance is missing, susceptibility to stress, depression and slowed cognitive performance can be the result.

The oil contained in the sunflower and pumpkin seeds also has a positive effect on the texture of the skin, both internally and externally. Pumpkin seed oil is also used as a support in the treatment of arthritis.

The kernels can be roasted or nibbled raw. They taste good as a crispy ingredient in salads, muesli or vegetable dishes. Of course, you can also use the high quality oil from these seeds. You probably know sunflower oil. Pumpkin seed oil is also very aromatic and can be used excellently in cold kitchens. Buy both the seeds and the oil as soon as possible before consumption and store both in the dark to prevent the nutrients from being broken down.

Nuts and almonds

Nuts protect the cells with omega-3 fatty acids. Almonds have a prebiotic effect. Despite the high fat content, they can even help you lose weight.

Nuts in general are very popular with Germans. And they have also been under scrutiny by science for many years. One of the reasons is their high content of essential omega-3 fatty acids. These play an important role in nutrition, as the human body cannot produce them itself, but has to be supplied from outside.

The effect of these important fats: They inhibit inflammatory reactions and can even protect against cancer.

But nuts bring even more with them. They are rich in antioxidants and so-called phytosterols. Both are plant substances that prevent oxidative stress on the cells and can neutralize free radicals. The effect is supported by the "cell protection vitamin" E, which is also found in abundance in the nut. This

cocktail effectively prevents cell damage and prevents cell degeneration.

According to a study from Ohio, around 50 g of walnuts daily are also said to prevent the development of breast cancer.

The risk of developing a tumor fell by half when consuming the nuts. The scientists emphasized that it is probably not due to individual active ingredients that the walnut has this effect, but rather to the combination of biochemical active ingredients.

Hazelnuts shine with their high arginine content. It is an amino acid that the body needs to produce messenger substances in order to expand blood vessels and thereby promote blood circulation. Eating hazelnuts has been shown to lower cholesterol and regulate blood pressure.

The almond contains around 19% protein - quite a lot for a plant-based food. Added to this are 54% fat (mostly unsaturated fatty acids), minerals (e.g. magnesium, calcium, copper) and vitamins B and E. The high proportion of omega-3 fatty acids is also noticeable here.

What makes the almond so special is its positive ratio of nutrients to one another. This enables the human organism to optimally absorb minerals and vitamins.

The almond is particularly known for its vitamin E content. It is an antioxidant that protects the organism from free radicals.

But almonds are also food for the nerves in the truest sense of the word: The vitamins B1 and B2 they contain strengthen the nerves and supply the cells with new energy.

Studies also suggest that almond consumption leads to lower cholesterol levels, increased bone density due to a decrease in osteoclasts (cells that break down bones), and balanced insulin levels. The effect occurs when the diet consistently contains 60g of almonds per day.

The effect is based on the interaction of the ingredients. Almonds also have a prebiotic effect: They provide food for the valuable intestinal bacteria and thus ensure a healthy intestinal flora and a stable immune system.

The problem with the nuts is their image as fattening food. For example, 100g almonds have over 500 kilocalories. However, studies show that consuming almonds can even make you slim.

In this six-month study, 65 overweight people were on a low-calorie diet. Some of this group received 84 grams of almonds a day, the rest ate the same amount of calories from whole grains.

After the estimated six months, the almond group had reduced their BMI (Body Mass Index) by 62% more than the control group. Positive side effect: The blood pressure of the almond group had dropped by 11%, that of the control group not. Those who want to lose weight should nibble on almonds. Instead of other snacks, of course, not in addition!

Whenever you buy nuts, make sure that you consume them in a timely manner. They are prone to mold growth. Integrate nuts, for example in the form of nibbles, as a topping for sweet and savory dishes or in the form of pastries in your menu.

coconut

The coconut improves fat metabolism and has an antimicrobial effect.

The coconut is incredibly versatile. First and foremost, their oil, which can be used anywhere in the kitchen. It consists largely of saturated fat, and these have long been considered unhealthy.

In the meantime, however, it has been proven that the saturated fatty acids from coconuts can protect against hardening of the arteries, high blood pressure, strokes and heart attacks, for example. There are even studies that certify coconut oil has a positive effect against Alzheimer's.

The reason: the saturated fatty acids increase the "good" HDL cholesterol in the blood. Overall, this leads to a better fat metabolism and less harmful deposits in the blood vessels.

Coconut oil has another surprise: it contains, among other things, the fatty acids lauric acid and capric acid. These are able to destroy the cell walls of bacteria and partly of fungi. The effect has been demonstrated in bacteria of the strains Staphylococci, Helicobacter pylori, streptobacilli and in chlamydia.

Coconut oil has a preventive effect against infectious diseases, in the event of an infection it can alleviate the course of the disease. The oil can of course also be used externally, for example in the case of skin diseases caused by bacteria or fungi.

By the way: Food made with coconut oil lasts longer than food made with other oils, as bacteria cannot multiply well due to the lauric acid in coconut oil.

In addition to coconut oil, coconut milk and cream also have these positive effects. And: Coconut milk can even help with a diet. Even though it contains up to 22% fat.

How it works? It's simple: Coconut milk contains medium-chain triglycerides. These are converted into energy much faster than other fats. These fats play a role in supplying energy to the liver and lymph nodes.

The medium-chain triglycerides fill you up just as quickly and sustainably as other fats, but do not have such a strong impact in the form of bacon rolls. However: 60ml coconut milk a day is enough. Otherwise the positive effect is reversed.

And what about the coconut meat? You can also access there. It is rich in copper, which activates enzymes that, in turn, trigger the formation of neurotransmitters. So it stabilizes the nerve function. In addition, it is high in fiber, which makes you full for a long time without making you fat and stimulates the bowel movement.

... and then there is the “coconut water” trend. In fact, the liquid obtained from unripe coconuts is rich in minerals. However, also a calorie percentage that is relatively high for a drink. Coconut water is not suitable for losing weight. However, when consumed in moderation as a refreshment in between, the drink is a good alternative to sweet juices.

Green tea

Green tea protects cells and prevents cancer. The tannins soothe the

stomach and intestines.

Green tea has made a name for itself as a cell protection food. The "Ohsaki Study" carried out in Japan, among others, examined that green tea has a positive effect:

around 40,000 people between 40 and 79 years of age were observed over a period of 11 years. They drank at least five cups of green tea a day. The death rate of tea drinkers was significantly lower than that of the control group. By 12% for men and even 23% for women.

An active ingredient called epigallocatechin gallate (EGCG for short), which is being researched at high pressure, is now held responsible for the positive effects of the drink.

EGCG counteracts, among other things, a sharp rise in insulin levels after eating, is supposed to protect against the development of Alzheimer's and colon cancer due to its effect on certain proteins in the human body and to

slow down growth in existing types of cancer. Researchers currently see great potential in this active ingredient in the fight against cancer and other diseases, so this substance is being intensively researched.

The positive effect seems to depend, among other things, on the type of cancer. A positive influence was observed in particular for tumors in the liver, lungs, pancreas and prostate as well as preventive measures for breast cancer. After all, these are among the most common tumor diseases.

The combination of the catechins contained in green tea is also repeatedly highlighted by researchers as particularly healthy. These are substances that reduce fat absorption, among other things. Some diseases - including cancer - can be prevented by just having a lower body weight. In addition, green tea has a similarly stimulating effect as coffee, it stimulates blood circulation and metabolism as well as concentration.

In addition, the tannins in tea soothe the stomach and intestines and can even counteract digestive problems. The antibacterial effect prevents tooth decay and allows injuries to heal faster. Green tea contains around 130 bioactive ingredients, e.g. vitamins A, B, and C as well as minerals such as natural fluoride, potassium, calcium and the important flavonoids, which act as powerful antioxidants.

Green tea is available in various shapes and qualities in supermarkets as well as in organic and tea stores. Use a good 2 heaped teaspoons of loose tea per cup (0.3-0.5 l water) and a water temperature of approx. 60 ° C.

Alternatively, you can also try matcha tea, in which very high-quality, dust-finely ground green tea powder is stirred directly into water and drunk with it. The effect is stronger with matcha than with traditional infusions. A positive effect has already been proven with two cups of tea a day.

The most important rules for staying healthy in the long term

1. Lowering blood

pressure According to the WHO, excessively high blood pressure is the greatest health risk worldwide. Of course, everyone's blood pressure fluctuates. But if it is permanently at values above 140/90 mmHg, experts speak of high blood pressure. High blood pressure promotes or causes numerous secondary problems: heart attack, stroke, kidney failure, a bulging of the abdominal artery and damage to the retina, damage to the heart muscle with subsequent heart failure are the most common consequences of high blood pressure.

And these consequences are not only extremely unpleasant, but often life-threatening. In order to lower blood pressure effectively, doctors recommend the following measures:

2. Reducing

obesity Obesity increases the risk of high blood pressure, but also of diabetes, cardiovascular diseases and even the risk of developing cancer. A body mass index (BMI) of over 23 is considered a health risk. So if you are overweight, you should lose weight. If you do not know your BMI, you can calculate it online on the [website of the University of Hohenheim](#) , for example .

Experts recommend refraining from radical diets and permanently changing your diet instead. Five portions of fruit and vegetables should be consumed daily, plus high-quality proteins, e.g. from fish, lean meat and dairy products. Whole grain cereals and legumes should not be missing as sources of fiber. Sweets, on the other hand, should be reduced.

3. Do

sport Sport also protects against obesity and by this alone helps to reduce the health risk. Those who exercise regularly have a lower risk of various types of cancer, arteriosclerosis, cardiovascular disease, osteoporosis and many other diseases. That is scientifically proven.

You don't have to become a marathon runner to stay fit into old age. At least

150 minutes of exercise per week is recommended - that's just over 20 minutes a day. Anyone can do it! For the sake of correctness, however, it should be added that from a sport-physiological point of view, it is better to train a little longer, namely at least 30 minutes at a time. This is how long the body needs at least to get a good blood supply to all muscles.

The good thing about it: Every kind of movement that makes you sweat a little counts. So also regular exercise in everyday life, e.g. gardening and housework, climbing stairs or running briskly. So, for example, those who really don't like sports could take a hard walk for half an hour five days a week and would have already fulfilled their "should". But: the more exercise, the better. So be active!

4. Eating a low-salt diet Eating a low-salt

diet means consuming a maximum of six grams of table salt per day. That's a little more than a full teaspoon. For comparison: on average, Germans eat around nine grams of salt a day. And mostly without even realizing it. Because most of the salt is in bread, finished products, sausage products, etc., and is therefore practically invisible. So it only helps to reduce your consumption of these foods.

But why exactly is too much salt harmful? The reason is that we humans cannot live without a little salt in the body. In the course of evolution, however, it has been the case most of the time that humans have ingested too little rather than too much salt through food, and the kidneys therefore developed in such a way that they do not excrete the precious salt unnecessarily, but store it. This mechanism has long been very valuable.

However, in today's salty diet, this results in vascular damage and high blood pressure. Water retention is also the result, because this is the only way to keep the salt concentration in the cells stable. Particularly people with a heart already stressed by high blood pressure have problems with overhydration. But even in healthy people, salt consumption should be kept in mind to prevent vascular damage.

5. Do not smoke

Tobacco and cigarettes are number 2 of the greatest threats to human health worldwide on the WHO scale. And for good reason: Smoking is still responsible for an extremely high number of cancer deaths. It is assumed that around 30% of all cancer cases in Germany can be attributed to smoking alone. Other diseases that are promoted by smoking are heart and circulatory diseases, vein problems, chronic obstructive pulmonary disease, etc. Unfortunately, this does not only apply to active smokers, but also to passive smoking. The good news: after about 15 years, the risk of lung cancer for former smokers drops to the level of non-smokers. So it pays to quit smoking at any time.

6. Drink little alcohol Alcohol is in

third place on the WHO scale of global health threats. Because alcohol consumption has a negative effect on all organ systems. Alcohol promotes high blood pressure, obesity, the development of cancer and liver cirrhosis, depression and dementia, muscle and nerve damage, vascular and kidney damage, degeneration of the brain and eyes, etc. The following applies: The more alcohol is consumed, the more drastic the consequences. Because alcohol has a toxic effect on the human organism; from a pathological point of view, alcohol is an obligate hepatotoxic substance, i.e. a liver poison.

What does this mean in concrete terms for nutrition? It is recommended that men should consume no more than 20 grams of alcohol per day. Women half (20 grams corresponds to about 250 ml of wine, 500 ml of beer or three schnapps). Although a glass of red wine has been shown to protect the arteries and heart, the alcohol content should always be taken into account.

7. Healthy eating.

There it is again - the WHO scale. 5th place means that a diet that is low in fruit is dangerous to health, 6th place warns of obesity, a high blood sugar level follows, a diet with few nuts and seeds in 12th place, followed by iron deficiency, a high cholesterol level, low in whole grains and A diet low in vegetables, a diet low in omega-3 fatty acids, etc. In short, an unhealthy diet plays a major role in the development of irreversible diseases and high mortality. Conversely, this means: a healthy diet helps to live a long and

healthy life.

But what exactly does healthy eating mean? The German Nutrition Society has set up 10 rules for a healthy diet: **1. Enjoy** a variety of

foods

Make sure you have a varied selection of foods. Consume these in appropriate quantities and combinations of nutrient-rich and nutrient-poor foods. You should give preference to plant-based foods. Because these promote health and support sustainable nutrition.

2. Eat enough grain products and potatoes

Bread, pasta, rice, cereal flakes (made from whole grain) and potatoes provide vitamins, minerals, fiber and valuable secondary plant substances. Eat at least 30 grams of fiber every day. These are mainly found in whole grain products.

3. Vegetables and fruits - take "5 a day"

Eat five servings of vegetables and fruits a day. This ensures the absorption of vitamins, minerals, fiber and secondary plant substances. Regional and seasonal products should be preferred.

4. Eat protein

Milk and dairy products should be on the menu every day, fish once or twice a week, meat and sausages in moderation. Ideally, you should not eat more than 300 - 600 g of meat and sausage per week, with low-fat products being preferred for meat products and dairy products.

5. Eat low fat and high fat foods

Fat provides you with essential fatty acids and fat-soluble vitamins. But it can promote the development of obesity and increase the risk of fat metabolism disorders. One possible consequence of this are cardiovascular diseases. 60 to 80 grams of fat a day is therefore sufficient. Vegetable oils and fats should be preferred. Remember that you also consume invisible fat, for example in dairy products, sausage products, pastries, confectionery and ready-made products.

6. Eat sugar and salt in moderation

Sweets and sweet drinks are only occasionally on the menu. Replace salt with herbs and spices, for example.

7. Drink enough

Drink at least 1.5 liters of water and low-energy drinks, such as tea or juice spritzers, every day. You should rarely consume alcoholic beverages.

8. Cook the food gently

... and at the lowest possible temperature. Use as little water and fat as possible - this preserves the nutrients and prevents the formation of harmful compounds, e.g. acrylamide. Buy fresh, regional ingredients if possible. This helps to save packaging waste and avoids long transport routes.

9. Take your time

... and enjoy your meals. Do not eat casually, but consciously. This also promotes your feeling of satiety.

10. Watch your weight

A healthy diet and exercise go hand in hand. They help regulate body

8. Avoid UV rays

UV rays in moderation are healthy because, among other things, they help to produce vitamin D, which is very important for the body. However, intensive exposure to the sun also harbors a potential hazard: skin cancer. Sun protection is therefore mandatory, because every sunburn increases the risk of developing skin cancer later.

The Federal Office for Radiation Protection advises avoiding the intense midday sun between 12:00 and 15:00. Adults are recommended to enjoy a maximum of 50 sunbaths per year. And children up to two years of age should avoid the sun entirely. Because the UV dose in the first few years of life increases the risk of developing skin cancer in particular.

9. Keep an eye on the body

The earlier most diseases are detected, the better the chances of a cure. But many symptoms and ailments can indicate very different diseases, from completely harmless changes to dangerous diseases. It is all the more important to keep a close eye on your own body and, if in doubt, to consult the doctor. If you have any of the following complaints, you should seek medical advice:

- Enlarged lymph nodes, e.g. in the armpit, neck or groin
- Excessive urge to urinate
- Constant exhaustion and tiredness
- Sudden severe pain, e.g. in the head, stomach or chest area - Swelling or lumps in the skin, and the mucous membrane or in the soft tissues that do not

heal or even grow for several days - unusual bleeding (e.g. also unusual intermenstrual bleeding, blood in excretions or unusual bloody secretions, bloody sputum) - cough that lasts for a very long time or sore throat such as prolonged hoarseness and difficulty swallowing - non-healing wounds - Birthmarks that change. - Unexplained weight loss or long-term loss of appetite - Persistent feeling of pressure in the stomach or bloating, unusual digestive problems that last for several days or come back regularly - Any painful changes that do not go away within a few days - Unusual, long-lasting or recurring headaches - Any changes in your body that you Cause discomfort and last longer than 48 hours.

Make sure you use the early detection options. They effectively help to detect diseases early and thus significantly increase the chances of recovery.

Bonus: Recipes from Slim and Healthy with Low Carb

Healthy eating means cooking with valuable foods. You have already got to know the 33 best power foods for your health. A little inspiration on which delicious and super healthy dishes you can conjure up with these foods can be found in the following excerpt from the cookbook “Slim and healthy with low carb - super healthy low carb dishes for connoisseurs”. Have fun cooking and feasting healthily!

Spinach ricotta cupcakes

6 - 8 pieces or 4 servings (as a side dish)

Calories per serving: approx. 130

protein per serving: approx. 9 g

fat per serving: approx. 9 g

carbohydrates per serving: approx. 4 g

Preparation time: approx. 30 minutes

Difficulty: easy

What's so special?

A delicious side dish with few carbohydrates but a lot of protein. This makes these hearty cupcakes very filling. They are also a nice change "solo" or as a snack. Cheese, ricotta and sour cream even provide an extra helping of

calcium. Spinach, onions and garlic are rich in valuable phytochemicals that protect the cells.

Ingredients:

1 small onion
1 clove of garlic
150 g sour cream
150 g ricotta
500 g frozen spinach
1 teaspoon carob flour
30 g Grana Padano (or another spicy cheese)
3 tbsp pine nuts
1 egg
1 tbsp oil
salt,
pepper,
nutmeg

This is how it works:

1. Let the spinach thaw and squeeze out the water, then cut the spinach into small pieces. Finely chop the onion and the clove of garlic. Grate the cheese.
2. Mix the sour cream and ricotta, add the locust bean gum, the egg, salt and pepper and a little nutmeg and beat vigorously. Add onion cubes, garlic, cheese and spinach and stir in everything.
3. Grease the muffin molds with the oil and add the mixture. Sprinkle with pine nuts and press them down lightly. Bake at 160 ° C for about 30 minutes.

Mediterranean salmon in a parchment package

4 servings

Calories per serving: approx. 320

protein per serving: approx. 30 g

fat per serving: approx. 20 g

carbohydrates per serving: approx. 2 g

Preparation time: approx. 20 minutes

Difficulty: easy

What is special?

Salmon contains large amounts of vitamins D - and this is often missing, especially in winter, due to insufficient sun exposure. However, our body needs it for many regulatory processes. Low vitamin D levels have even been linked to the development of cancer. The meat of the salmon also provides the amino acids tryptophan and tyrosine - precursors of the good mood hormone serotonin. And: Valuable omega-3 fatty acids protect the cells and make the blood vessels elastic. The tomatoes in this dish also provide cell protection: the well-known lycopene in tomatoes catches free radicals and thus prevents cell damage. Lycopene is particularly well absorbed by the fat in salmon. So it's an optimal mix!

Ingredients:

2 romaine lettuce

2 limes

400 g cocktail tomatoes

1

tablespoon olive oil 600 g salmon fillet without skin

Salt

Pepper How

it works:

1. Wash the cocktail tomatoes and poke each one with a fork. Clean the lettuce and remove the outer leaves if necessary. Quarter lengthways. Cut the limes into thin slices. Prepare 4 pieces of parchment paper cut-out or cut sheets of parchment paper into 4 pieces with a size of approx. 40 x 40 cm each.

2. Place 2 lettuce quarters and 100 g of cocktail tomatoes on a piece of baking paper. Season with salt, pepper and a few drops of olive oil. Place 1 piece of salmon fillet on top and also season with salt and pepper. Top with lime slices.

3. Fold the parchment paper over the salmon, seal it on two sides so that it looks like candy. If necessary, close with kitchen twine or twist in a few times and hold together with metal paper clips, for example.

4. Cook in the oven at 200 ° C for about 13 to 15 minutes and serve in a sealed package.

Be careful when opening: hot steam!

Vegetable rosti from the tray

4 servings (as a side dish)

Calories per serving: approx. 310

Protein per serving: approx. 21 g

Fat per serving: approx. 21 g

Carbohydrates per serving: approx. 9 g

Preparation time: approx. 25 minutes

Difficulty: easy

What's so special?

These hash browns with onions and carrots provide few carbohydrates, but plenty of vitamins and high-quality protein. The chlorophyll, which is abundantly contained in parsley and spinach or chard, has an antioxidant, immune system-stimulating effect.

Spinach and Swiss chard are healthy vegetables: They contain a high proportion of beta carotene, which is converted into vitamin A in the body. This substance supports eyesight, protects against night blindness and age-related degeneration of the eyes. The ingredients zeaxanthin and lutein in the green leaves also support this effect. Important: Since all these substances can only be absorbed from food in combination with fat, you should make sure that you always use a few drops of high-quality oil. In this case, eggs and flaxseed, as well as the oil used for frying, provide the necessary amount of fat.

Ingredients:

3 small red onions

8 eggs

7 tbsp mineral water

3 tbsp parsley

250 g carrots

100 g leaf spinach or chard

1 tbsp oil

salt

pepper

4 tbsp flaxseed

That's how it works:

1. Cut the onions into cubes and grate the carrots. Cut the spinach or chard leaves into strips, fry the onions and carrots in the oil, cook for 8 minutes over a medium heat.
2. Mix the eggs with the mineral water, linseed, parsley, salt and pepper.
3. Line a baking sheet with parchment paper. First put the mix of onions and carrots on top, then the chopped spinach or chard leaves, then pour the egg mixture over it. Shake briefly so that the egg spreads out really well. Bake in the oven (preferably preheated for a few minutes): 180 ° C, 15 to 20 minutes. Cut into pieces on the baking sheet and serve.

Bell pepper cream pan with pumpkin

4 servings

Calories per serving: approx. 440

protein per serving: approx. 35 g

fat per serving: approx. 16 g

Preparation time: approx. 30 minutes

Difficulty: easy

What's so special?

The creamy sauce is delicious and keeps you full for a long time. The pumpkin also contributes to this: it contains few calories, but many vitamins, e.g. A, B1, B2, B6, C and E, folic acid and minerals such as sodium, potassium, calcium, phosphorus, magnesium, iron and zinc. Due to the high potassium content, pumpkin has a mildly dehydrating effect and stimulates digestion. Onions and garlic have an antibacterial effect and bring valuable antioxidants with them. Tomato paste with the highly concentrated cell protection miracle lycopene does the same. Other valuable vitamins are added with paprika and parsley. Here you can feast with a clear conscience!

Ingredients:

2 red onions

1 clove of garlic

600 g sliced turkey
1 tablespoon oil
300 ml soy cream or cooking cream
200 ml water
2 to 3 tablespoons Worcester sauce
2 tablespoons tomato paste
2 red peppers
750 g pumpkin pulp (e.g. Hokkaido or butternut)
Chili powder
Salt
2 tablespoons parsley (fresh or frozen)

Here's how:

wash 1. Set the pumpkin, cut in half and scrape out the seeds. Weigh the pumpkin and prick the skin with a fork. Bring to the boil in a saucepan with a little water and simmer over a mild heat for about 15 minutes.
2. In the meantime, peel and finely chop the onions and garlic. Clean and dice the peppers. First fry the onion cubes and garlic together with the turkey slices in a little oil. Then add the pepper cubes and deglaze with the soy cream or cooking cream and water. Stir in tomato paste and Worcester sauce, season with salt and chilli and let reduce.
3. Drain the pumpkin and cut into bite-sized cubes. Add this to the sliced meat in the pan and let simmer for another 3 to 5 minutes until the pumpkin has the desired consistency. Sprinkle with parsley and serve.

Tortilla with zucchini and peppers

4 servings

Calories per serving: approx. 130
protein per serving: approx. 11 g
fat per serving: approx. 9 g
carbohydrates per serving: approx. 3 g
Preparation time: approx. 30 minutes
Difficulty: easy

What's so special?

Zucchini are dehydrated thanks to their high potassium content. The vegetables also provide plenty of vitamins, such as vitamins A and E as well as fiber, which make you feel full over the long term. Paprika scores with vitamins C, A and B, as well as zinc - a booster for the immune system. The eggs provide power for the brain and nervous system, skin and hair. They fill you up sustainably and thus protect against cravings. There is also a good portion of parsley for everyone. The herb regulates the immune system and the hormonal balance and ensures good oxygen transport in the tissue.

Ingredients:

250 g zucchini
1 bell pepper
1 onion
1 clove of garlic
6 tbsp parsley, chopped
1 teaspoon thyme leaves
6 eggs
2 tbsp mineral water
2 tbsp oil
salt
chilli flakes

And this is how it works:

1. Cut the zucchini into thin slices (cut very thick zucchini in half beforehand), cut the peppers and onions into fine cubes. Press the garlic clove.
2. Whisk the eggs with the mineral water, 4 tbsp parsley, thyme, salt and chilli flakes.
3. Fry the onions and peppers in the hot oil, add the zucchini and garlic, sauté for about 3 minutes. Pour in the egg mixture, let it set over low heat and with the lid on for about 25 minutes. If the tortilla is not yet firm, carefully heat it for another 5 minutes with the lid on (the exact time depends on the diameter of the pan - the smaller the diameter, the longer the tortilla takes).
4. Turn the tortilla out onto a plate and sprinkle with the remaining 2 tablespoons of parsley. Serve.

Vegetable curry

4 servings

Calories per serving: approx. 465

protein per serving: approx. 42 g

fat per serving: approx. 24 g

carbohydrates per serving: approx. 36 g

Preparation time: approx. 20 minutes

Difficulty: easy

What's so special?

The mix of colorful vegetables provides the concentrated power of vitamins and minerals as well as secondary plant substances. In combination with the creamy coconut milk and the fiber-rich chickpeas, this soup is long-lasting. Take a lot of the curry and chilli powder: Both contain antibacterial substances, stimulate digestion and metabolism, heat up the body and ensure that you burn even more calories long after eating.

Ingredients:

2 red onions

250 g broccoli (fresh or frozen)

1 bell pepper (approx. 200 g)

250 g zucchini

250 g mushrooms (fresh or frozen)

1 tablespoon oil

1 tablespoon curry powder

150 ml vegetable broth

200 ml coconut milk

450 g chickpeas (from the Tin)

salt

chili powder

This is how it works:

1. Cut the onion in half and cut the halves into rings. Clean or defrost the mushrooms and broccoli and cut to size. Dice the bell pepper and zucchini.
2. Fry the onion and bell pepper in the oil, then pour in the curry, coconut

milk and stock, add the broccoli. Let it simmer for about 5 minutes. Add the mushrooms and zucchini as well as the chickpeas, simmer for another 5 minutes.

3. Season to taste with salt and chili powder and serve.

Frankfurt green sauce (light)

4 servings

Calories per serving: approx. 335

protein per serving: approx. 19 g

fat per serving: approx. 22 g

carbohydrates per serving: approx. 3 g

Preparation time: approx. 15 minutes

Difficulty: easy

What's so special?

The herbs contain a lot of potassium and thus stimulate kidney activity, which gently drains the body. They bring high-dose minerals and vitamins with them, especially vitamin C. In addition, secondary plant substances that support the body in the fight against free radicals. Most of the herbs used here are also considered medicinal plants with very special, health-promoting properties. They all bring in their vital substances in this delicious dish and together they develop an even stronger effect.

Yogurt promotes digestion and gives the dish a fresh note. The eggs provide valuable protein, lecithin and sulfur.

Ingredients:

6 eggs

1 bunch of Frankfurt herbs (approx. 125 g) *

125 g lettuce

50 g cream cheese

300 g skimmed milk yoghurt

1 tablespoon medium-hot mustard

1 tablespoon lemon juice

1 tablespoon vinegar

Salt

Pepper

That's how it works:

1. Boil the eggs for approx. 9 minutes, quench and peel. In the meantime, wash the herbs and lettuce, shake dry and remove coarse stems.
2. Briefly puree the salad together with the cream cheese and yoghurt in a blender, gradually adding all the other ingredients. Mix as briefly as possible, but as long as necessary to get a homogeneous sauce.
3. Halve or quarter the eggs, arrange on plates with the green sauce.

* Traditionally, the mixture consists of seven herbs: borage, chervil, pimpinelle, cress, parsley, sorrel and chives. If you can't buy the herbs ready-made, just mix them yourself. If necessary, you can just use parsley, chives and cress.